The New Mother Earth

Evolving in These New Times on Earth

Michael Lanfield

Forewords by
Damien Mander, Freelee the Banana Girl,
and Oberom

Afterword by Aurora Ananda

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Dedication

To Mother Earth, Nature, the plants, fungi, and all nonhuman animals everywhere, this book is dedicated to you. It is with all my love, that I'm doing my part to be the change that I wish to experience in the world.

To my lovely soul path partner and dear friend Aurora Ananda. A huge appreciation and love goes out to you for walking with me on this journey of awareness, awakening, spiritual growth, and holistic healing. May we continue together indefinitely in this lifetime, learning and growing, and experiencing the magic, wonders, and beauty of the world. My heart goes out to you.

To my human Mother, I am also immensely grateful to you and Dad for bringing me into this world, and doing what you thought was, and believe is best for me here. Even though we don't see eye to eye on many issues in life, I'm very thankful that you are my Mother, and I wouldn't have chosen anyone else to be my Mother at this time on Earth.

In loving memory of Mango Wodzak (1961 - march 25, 2025), a dear friend and teacher to many. Who in a very humble and lovely way, took his precious time to read this book and give me his words and blessings just before his sudden physical departure. May you continue on your adventures and journey in life, shining wherever you are.

Forewords

From Military Sniper to Protector
By Damien Mander

When I first came across Michael Lanfield's work, I recognized a deep resonance with the values and lessons I've carried through my own journey—from conflict zones in the middle east to the front lines of conservation. Michael has a way of peeling back the layers of human complexity to reveal something raw, something pure. He reminds us of a truth so easily forgotten in the frenzied pace of modern life: we are not separate from Nature; we are Nature.

This simple yet profound realization changes everything. It demands a rethinking of who we are, what we value, and how we coexist with the intricate web of life around us. Michael's ongoing commitment to this harmony shines through every page of this book, underscoring that our survival as a species—and our ability to thrive—depends on how we treat Nature and the billions of little heartbeats that make up its rhythm.

The ecosystems that balance our climate, purify our water, and sustain the biodiversity that makes life on Earth possible are under extreme threat. This is not hyperbole; it's reality. Without sufficient action, humankind will carry millions of species into extinction. Nature is resilient—its story spans over five billion years—but it is not invincible. If we fail to heed its

warnings, it will be Nature, not us, that has the final say. And it will continue to flourish long after we're gone.

When I think about this, I am reminded of the enormity of the responsibility we hold. As individuals, as organizations, as governments, and as a collective species, we must evolve beyond the short-sightedness that defines so much of what we call "progress." True evolution is not the relentless march forward; it is the cutting away of what doesn't work and the nurturing of what does. Nature takes millions of years to adapt, to find balance, but we don't have that luxury. Our time is short, perhaps a handful of decades each, to make as much impact as we can.

And yet, there is hope. Michael reminds us that hope is not passive; it is active. It requires action that is bold, courageous, and rooted in an understanding of our place within the greater whole.

In my own life, I've always felt a deep connection to animals. They've been my teachers, my motivators, and the reason I first stepped into the realm of conservation. Witnessing the devastation of poaching across africa—the loss of innocence, the destruction of lives—left an indelible mark on me. It drove me to reimagine my purpose and redirect my energy from conflict to protection.

When I gave my TEDx talk at the sydney Opera House, Modern Warrior, I shared how my journey took a dramatic turn. After years of serving in the military, I came to realize that the real battles—the ones worth fighting—were for the natural world and its inhabitants. Animals don't have a voice in our systems of governance. They don't vote, they don't

lobby, and they don't stand trial. But they feel pain, fear, and loss. They exist with the same right to life as we do, and it became clear to me that providing them with justice was a calling I couldn't ignore.

From protecting animals, my mission grew into protecting ecosystems. Because animals cannot thrive without their habitats, and habitats cannot endure without the delicate balance of biodiversity. And as I learned more, I came to understand that protecting ecosystems at scale isn't just about saving individual species or landscapes—it's about addressing the single greatest challenge of our time: the climate crisis.

Nature is the most powerful tool we have to combat climate change. Forests, oceans, wetlands, and grasslands are the planet's natural machinery for absorbing carbon, regulating temperatures, and ensuring the survival of countless species, including our own. When we protect these systems, we don't just protect animals—we protect ourselves. We create the conditions for life to thrive.

Michael's work invites us to see these connections—to recognize that every decision we make, no matter how small, reverberates through the web of life. He reminds us that we are not at the top of some imagined hierarchy, looking down on the natural world as its master. Instead, we are woven into its fabric, no more or less important than the countless other species that inhabit this planet. The only difference is that we have the power to determine the level of suffering or harmony within this system.

The ecosystems that sustain us are under immense pressure. Rising temperatures, deforestation, and habitat loss

are not isolated issues—they are interconnected crises. Without urgent action, we risk losing not just millions of species, but the stability that makes life possible. Michael's writing challenges us to move beyond complacency, to confront these challenges with courage and conviction.

I've seen firsthand what's possible when we rise to meet this moment. In my own work, I've been fortunate to witness the power of women in conservation. By shifting traditional male roles to construction and labor, and placing women in leadership positions, we've been able to de-escalate tensions, reduce costs, and reinvest savings into communities. This approach has allowed us to protect millions of acres of wilderness while strengthening the social fabric of the communities that depend on those lands.

But this isn't just about conservation. It's about recognizing the unique resilience and instinctive protection that women bring to the table. They are the stabilizers, the nurturers, the ones who bind families and communities together. If given the opportunity, women will not only save africa's ecosystems—they will help save the future of humanity. A woman's instinct to protect is the most powerful force in Nature. We should take inspiration from that, leaving our ego's behind in the process.

Michael's book echoes these sentiments. It calls us to reimagine our relationship with Nature, to see it not as something separate from us, but as an extension of ourselves. His work reminds us that protecting the planet is not just an environmental issue—it is a human issue. It is about survival, justice, and the legacy we leave for future generations.

As I reflect on my own journey, I'm reminded of why I do this work. It's not for accolades or recognition. It's for the billions of little heartbeats that inhabit this one beautiful backyard we've been given. It's for the elephants that roam the savannas, the forests that purify our air, and the rivers that sustain life. It's for the chance to sit back one day and say, *"I played a part in protecting this."*

We create religions and various belief systems as frameworks to guide our conscience and spirituality, offering structure in an often chaotic world. As far as we know, we are the only species to create such beliefs, and the only one to defile exactly what it is they are supposed to represent and inspire.

While these systems can be powerful tools for collective guidance, perhaps the greatest tool lies within ourselves: the purity of self-interrogation. To look inward, to question our motives, our values, and our actions, is to engage with the core of who we are. In my belief, this process—this unflinching reflection—is the ultimate measure of a person, revealing the true content of one's soul.

Greed, in its pure form—of selfishness and self-centeredness—is a poison that infects society at every level. It seeps into our systems, our relationships, and our decisions, creating the push and pull where friction is born and festers. Greed fuels division, pitting individuals and groups against each other in a relentless battle for more. It is the spark of conflict, ignited and fanned by the flames of ego. In its wake, greed leaves destruction—not only of resources and ecosystems but of the trust and harmony that bind us as a

society. If we are to move forward as a species, we must confront this poison within ourselves and replace it with humility, generosity, and a sense of shared purpose.

Michael's writing captures this sentiment perfectly. He calls us to action not out of fear, but out of love. Love for the planet, for its creatures, and for the interconnected web of life that sustains us all. His work is a reminder that hope is not passive—it is active. It requires courage, determination, and a willingness to stand up for what is right.

As you read *The New Mother Earth: Evolving in These New Times on Earth*, I urge you to take Michael's words to heart. Let them inspire you to act, to question, to push boundaries. Because this isn't just about saving Nature—it's about saving ourselves. Together, we thrive. Together, we protect. And together, we rewrite the story of what it means to live in harmony with this one beautiful planet we all call home.

Thank you.
Yours in harmony with Nature.
Damien Mander

Damien Mander is an anti-poaching activist and the founder and CEO of Akashinga (formerly the International Anti-Poaching Foundation (IAPF)). He is a former australian royal navy clearance diver and special operations military sniper. He is also a director of the Conservation Guardians. In 2019, he received the Winsome Constance Kindness Trust Gold Medal. Visit his website https://akashinga.org

The Truth is Simple. We Are Frugivores.
By Freelee the Banana Girl

In a world that has strayed so far from its natural rhythms, where "ultra-processed food" and artificial lifestyles are normalized, *The New Mother Earth* is a call to awaken. It speaks to those of us who feel the disconnection, the dissonance between how we live and how we are meant to thrive. This book reminds us of something we've always known deep down: that Nature provides everything we need, and that true health—physical, mental, and spiritual—comes from aligning with our natural way of being.

For nearly two decades, I have been living and advocating for a fruit-based lifestyle, a way of eating that reconnects humans with their frugivore physiology. Our bodies are naturally designed to thrive on an abundance of fresh, sweet fruits, leafy greens, and seeds. Through my own journey, I've discovered that true healing begins when we stop resisting our innate physiology. Instead of working against it, we must align with the foods we are biologically intended to eat.

In *The New Mother Earth*, Michael Lanfield offers a compelling vision of a world that honors life. He urges us to question the systems we have blindly followed, from industrialized food to societal structures that no longer serve us. While my own approach is rooted in scientific evidence and human physiology, I deeply resonate with the book's call to return to Nature and live in harmony with the Earth.

Michael presents more than just a critique of modern society. He provides a solution, one that is more compassionate, sustainable, and life-giving. If you are ready to challenge what you've been told about food, health, and the world around you, this book will open your eyes. Read it with an open heart, and most importantly, let it inspire action.

The truth is simple. We are frugivores. We are meant to live in harmony with the Earth's abundance, not against it. The sooner we realign with Nature's design, the sooner we reclaim the vibrant health and freedom that is our birthright.

Freelee

Freelee the Banana Girl is a youtube personality, personal trainer, weight loss expert, vegan activist, author, and a fruit-based nutritionist. She is one of the most influential people of our time with hundreds of millions of views on her youtube channel. Freelee is the author of the popular ebooks: *The Raw Till 4 Diet*, *Go Fruit Yourself*, and most recently, *My Naked Lunchbox*. Visit her website at https://thebananagirl.com

A Call to Action that Cannot be Ignored
By Oberom

In these dark days we live in, where violence, exploitation, and indifference seem to dominate, *The New Mother Earth* by Michael Lanfield emerges as an urgent cry for transformation. This book is not just a read; it is a manifesto, a call to action that challenges conventions and confronts us with the undeniable reality that we are, collectively, failing. Failing to recognize that the peace and harmony we so long for cannot be achieved while we continue to perpetuate a system based on oppression and separation.

Contemporary society, with its hierarchical structures and unsustainable consumption models, reveals itself as a machine of exploitation that not only subjugates human beings but also ruthlessly destroys the lives of millions of innocent nonhuman animals, as well as entire biomes. And that's not all; the current economic model destroys the atmosphere, rivers, soil, and also the oceans. Lanfield provokes us to face the brutal truth: we live in a culture that feeds on pain and suffering. By accepting this reality, we become complicit in a cycle of violence that dehumanizes us and alienates us from our true essence. The question he poses is powerful and unsettling: what are we willing to do to change this? Is it worth the pseudo-comfort of the moment at the expense of the biodiversity that forms the web of life?

The author does not shy away from uncomfortable truths.

He reminds us that the way we treat animals is a direct reflection of our relationship with ourselves and with the world. The exploitation we inflict on other species is the same that imprisons us in oppressive systems. If we want a world of peace, we must first dismantle the structures that perpetuate violence, and that begins within ourselves. Transformation is not an abstract concept; it is a process that requires courage, authenticity, and above all, unconditional love.

In my life, I had the privilege of being born through natural childbirth, at home, away from the city, among trees and birds. I grew up respecting the life that exists in everything, planting part of our food, and because it was a Yoga environment, we practiced nonviolence in various ways, but the highlight was on food, which proudly remained free of any meat. It was only at 20 that I realized that consuming dairy was generating everything I was trying to combat with my lacto-vegetarianism, so I became vegan overnight. Today, it’s hard for me to accept that I once enjoyed “foods” filled with pus, antibiotics, sadness, anguish, suffering, and violence. Fortunately, I now watch my niece having the same privileges I had (being born at home, without plastic toys and television, with Yoga, the conscious presence of her Father and Mother – my Sister – living in Nature, and producing her food in harmony with Nature's cycles), but she was born into a home that understands the logic of the exploitation of nonhuman animals, thus vegan from gestation.

Lanfield proposes a pact that has real consequences: the abandonment of consumption of anything that causes the exploitation of animals, but also a boycott of the institutions

that sustain it. He challenges us to imagine a world where compassion is the norm, where solidarity and empathy are the pillars of our interactions. This radical vision, which he describes as "vegan anarchism," is not just a utopian ideal but an urgent necessity. By distancing ourselves from practices that exploit and oppress, we can begin to build intentional communities that experience the true essence of being human: the capacity to love and care.

As is healthy in any discussion about complex topics, disagreement will arise; some points may be adjusted and become complementary, while others will diverge. The exercise of placing oneself in the perspective that the other holds generates or promotes respect for divergent ideas, so as not to nullify the remaining components offered. So it was for me during the reading of this book; I disagree with some chapters, some ideas or understandings brought by the author are contrary to my view and interpretation of reality; however, it is possible to find Lanfield's truth there, his honesty and courage in exposing what he believes viscerally, like a cry that breaks the membrane that suffocates us and tears down the walls that separate us. I admire that.

One of the most provocative aspects of the work is the assertion that society, as we know it, is a form of slavery. This statement should not be taken lightly. By accepting this reality, we are confronted with the responsibility to act. We can no longer afford to live in a state of complacency, accepting injustice as part of the "normal." What does it mean, then, to be truly free? Lanfield urges us to question our own choices and examine the hypocrisy that often permeates our lives. Are

we willing to sacrifice comfort for a more just world? This is the question that resonates throughout his pages.

Furthermore, the author reminds us of the importance of spirituality in this process of transformation. He invites us to reconnect with what is sublime in life, in the great Mystery, in the divine essence that resides not only in us but in all beings. This reconnection is vital for us to begin to see the sacredness of life in all its forms. By honoring this spirituality, we start to realize that Nature is not a resource to be exploited but a sacred home that deserves our respect and protection. This shift in perspective is fundamental to creating a new relationship between humanity and the planet.

Lanfield also emphasizes the importance of forgiveness and patience in our journey of transformation. He reminds us that we all carry wounds, and healing is a process that takes time. We need to learn to forgive not only others but also ourselves. This practice of forgiveness frees us from the chains of the past and allows us to move toward a brighter future. But this is not easy; it requires courage and vulnerability, something many of us avoid.

What Michael Lanfield presents to us is an invitation to step out of our comfort zone, which is on the verge of cooking us alive. He challenges us to look at the world around us and question everything we have accepted without reflection. Transformation is not a luxury; it is an urgent necessity. If we want a world where peace and compassion prevail, we need to be willing to fight for it. Change begins with each of us, and the responsibility is collective. The future of our planet depends on the choices we make today.

The New Mother Earth is not just a book; it is a provocation, a call to action that cannot be ignored. By confronting us with uncomfortable truths, Lanfield empowers us to take control of our lives and shape the world we wish to see based on values that stem from the heart. As we embark on this journey of self-discovery and transformation, we are invited to become agents of change, embracing our true Nature as beings of love and light.

Therefore, as you begin reading this book, prepare to be challenged and inspired. Allow Michael Lanfield's ideas to resonate within you, trigger your own critical sense, challenge the proposed ideas, question, confront, see if the truth presented aligns with your own truth, be honest in this process, and you will understand the purpose of this book. By reflecting on all this, you will recognize that it is an incitement to deep and real change. May we, together, as a global community, work to manifest the *New Mother Earth*, a world where all beings can live in freedom, love, and peace. The time to act is now. The choice is in our hands; delaying is no longer an option. What future do you wish to create?

Oberom

Oberom is a yoga teacher, activist, and author of *Yoga Vegan*, *In the Flow of Happiness*, and *Travelling in the Light*. Visit his website at https://oberom.com.br

Introduction

Our Connection With Our New Mother

This book, *The New Mother Earth*, is a compilation of many of my writings and the sequel to my book, *Our Path to Freedom: How We Can Live a Freer and More Peaceful Life* (first published in 2018)[1], videos, teachings, as well as from knowledge I acquired from others, and my experiences in this lifetime, and possibly even previous to this. It has taken me some time to put the concepts and ideas, that I am expressing and sharing throughout this book, into physical form, into one easy read. It seems just like yesterday that I am starting to embark on this journey of understanding the meaning of life and the reasons for being.

These concepts within this book come ultimately from one place which is in my heart, which is in whole, or in part, on a grander scale the essence or truth of the Universe. So ultimately, all of us already contain this knowledge within us, but it seems it has been suppressed through societal and cultural programming and indoctrinations since we were infants. Therefore, even though we have this knowledge deep within our psyches and nothing that I am saying is new information, we need to somehow reawaken to those truths and understanding.

In these times of discovering or awakening to these ideas, we may, most likely, be challenged with and have to deal with

very difficult situations. These are the negative consequences or "tests of life" for the harmful actions that we caused in the past. Are we able to cope with the challenges and conflicts in these times of extremes on Earth, or will we perish individually and collectively as a human species?

I have capitalized the first letter of all the names of the types of nonhuman animals, as well as Nature, Universe, Earth, and all derivatives of them, names of people, and anything else I find to be of importance, which I use within this book. On the other hand, to me, words that are usually capitalized like "countries" which are "corporate entities", are not living beings, and are signified by writing all the letters in lowercase. As for scientific names of plants, I also capitalize the first letter in both the genus and species, even though it is not customary for the species. Why do we not question all of this, and why do we give more importance to a government corporate entity like a country, than to a plant or nonhuman animal?

It is with all my sincerity and love that, at my level of understanding and consciousness, I present the ideas written within this book, which I know to be true at the time of publishing, that holds dear to my heart. My intention for this book is that the reader incorporate at least some of the ideas in their lives, put them into practice, and for them to share these ideas with other people. They can also share this book with others from the link at the end of this read. Even if one doesn't resonate with some of the ideas within, don't dismiss the message in it's entirety, but continue reading with an open heart and open mind.

One may ask, *"Who or what is this New Mother Earth?" The*

New Mother Earth or "Gaia" as she is sometimes referred to, is the one who sustains life and how all beings can live here. Without her, probably none of us would be able to live. She contains, creates, or is influenced by the rain, plants, fungi, animals, air, clouds, Sun, Moon, soil, and all the elements within the soil, and so forth. She contains the vital life forces, what many people call Prana or Chi.

The terms Earth and Nature are often used interchangeably. Mother Earth is the whole system that embodies Nature and what is contained below the ground and contains the elements of what we see in the natural physical surroundings, and in some way, plays a key role with the Sun and Moon and probably other celestial bodies as well. Both Nature and the Earth use the soil and elements within, and the Moon, Sun, clouds, and rain. We can think of the Earth as the container that holds everything within Nature and are both directly interconnected and depend on one another. Many people call this, a planet, hence the name Planet Earth.

All lifeforms, including humans, rely on our Mother for certain elements like air, water, food, and heat from the Sun. All of us contain the elements of Nature within us, and therefore, we are a part of Nature and the seeds of her existence.

Mother Earth is working on her ascension and raising her consciousness at this time. She is becoming more aware and awakened and learning how to deal with humanity in this urgent time on Earth. Humanity is now more destructive than ever to all lifeforms, including Nature and the Earth, but consequently, some of us are awakening instead, to this new

golden era Aquarius, also known as the era of miracles, that has already begun. This is a time when there will be more happiness, peace, prosperity, and great spiritual progress, where all beings on Earth are going to regain their powers and raise their vibratory frequency to live in harmony with all lives. This is different than other periods, where humans were more violent amongst each other.

We too come into this world as babies from our human Mother, just like all previous generations of lineage. At the time of conception and birth, we depended on her for the air, water, food, heat, and other elements, just like our Earth Mother. This is similar to when we compost food scraps and return the seeds to the soil to nourish, recycle, and grow plants, our physical bodies will also return and integrate into the soil where we all originate from. Everything that contains the elements of Nature is recycled back into the Earth, creating a closed-loop ecological system.

What we know as artificial "inanimate" objects like computers, cars, or plastic bags, even though they are also created from the elements below the Earth's surface, rather than with more natural elements from above the Earth's surface, take a lot longer to decompose, slowly releasing harmful chemical toxins into the environment.

The act of drilling with huge machinery into the Earth's surface and removing minerals and other elements to create artificial products can be considered a rape to our Earth Mother and is harmful to everyone else as well. When we destroy Nature to build towns, cities, roads, and other infrastructures and continue being materialistic consumers,

what we call "progress", we disregard the Earth's beauty, love, and generosity.

Our Spirit is the Spirit of *The New Mother Earth* and everyone who exists. Essentially, *The New Mother Earth* is a unique individual, but at the same time, she is all of us, as we are all from the same Source. And even though, in the third dimension, we physically see every lifeform as separate units, we are all energetically and spiritually connected.

What religious people know as God, can be considered the Universe, Cosmos, Spirit, or Source. I use these words interchangeably throughout this book. The Spirit i*s, "Pure energy in and all around us, one that evolves consciously that creates life and is the source of everything in existence, mostly consisting of feminine energy."*, and our soul is, *"The unique journey of the individual life that is created by the Spirit; one's pure essence consisting of their experiences, thoughts, uniqueness, and actions, and living on after their death."* One may think differently about what the Spirit and soul are, but ultimately the Spirit is all the energy in and all around us, the creator, the Source of all life where everything comes from, mostly containing feminine energy, and the soul is the individual life fragmented from the source taking on their unique journey.

Everything in existence came from a Source at one time in the distant past, that many people say was the size of a single green Pea. Then it started to expand and break apart, continuing to be the Spirit in fragmented and whole form. The Universal energy is everywhere, in us and out there. Though there is one Spirit, because all beings came from this one

Source, we contain, and are, both the fragmented part and the whole Spirit. The Spirit is pure and wise, it is unconditional love, but because as humans we're so wounded and brainsullied by society and culture, we individually and collectively need to resurrect and learn from the divine femininity that is within us, to be able to heal ourselves and live in harmony with all life. In other words, we are all unconditional love which is what the Spirit is, but because we have been indoctrinated throughout society, the love has been lost or suppressed.

To summarize, we are all one, interconnected to every other living being and to everything in existence. Therefore, when we harm any part of the web of life, we also harm a part of ourselves, and ultimately, every other lifeform too. We don't make these connections in our daily lives, because of the programming of society, culture, and the institutions within, and this wounds us terribly in countless ways.

The New Mother Earth is all about leaving society, the towns and cities we all seem to love, and reconnecting to the love for Nature and all creatures that have been suppressed and dormant within us for so long. This is why many of us feel lost, depressed, unfulfilled, and hurt in so many ways.

The Goddess Sophia is wisdom. She is the Source, the whole Universe, the one unified field of consciousness, and the breath of life within everything in existence. The divine feminine wisdom of the Goddesses Mother Gaia and Sophia, have been heavily wounded, suppressed, and demonized for so long in the male patriarchal dominant society and culture that we live in. This is why we experience environmental

devastations, wars and conflict, degrading human health, poverty and world hunger, and the array of other never-ending problems of our own making. Most of the understanding, knowledge, teachings, and experience we harness from society, are not guiding us on a path of awakening, healing, connection, and compassionate living, but rather on disconnection, fear, wars, separation, and violent competition, through the programming and enslavement of society and all institutions within. If we choose to ignore and not address the source of our dilemmas, we will never live in world peace or happiness.

Therefore, we need to resurrect and learn from the feminine divine Spirits from within us. The feminine principle is concerned with nurturing, receptivity, intuition, intelligence, procreation, love, compassion, peace, and joy. Humans have been wounded for too long, and it's about time that we reclaim our power, the power that governments, society, and culture have suppressed and taken for so long.

As Dr. Will Tuttle, PhD, author of *The World Peace Diet* writes,

"The inner feminine is our intuition, our sensitivity, and our ability to sense the profound interconnectedness of events and beings, and it is vital to peace, wisdom, joy, intelligence, creativity, and spiritual awakening." [2]

In *Part 1: Acquiring the Knowledge*, first, we acquire the knowledge of the problems that beset humanity and the causes of those problems. In *Part 2: Taking Action*, I discuss

what actions we need to take to solve these problems, doing the inner and outer work, and living in alignment with our core values. Lastly, in *Part 3: Sharing the Love*, it is to share this understanding and way of being with others, and how we can reawaken and resurrect our divinity within us, and live according to the laws of Nature.

In theory, though it may seem easy to heal ourselves and get out of the mess that humanity is in, but, because we have been heavily programmed and wounded by the culture for so long, in practice it may be a bigger challenge to awaken and heal.

There are two forces at play, one is the dark path where most of humanity will end up, experiencing more hardships, struggles, and suffering, eventually being killed and going on to their next life, and the other group is the ones who will walk on the path of awareness and awakening, reconnecting to the high vibratory frequency of *The New Mother Earth*. If we do not evolve and awaken in these new times, we may not be able to cope with the new changes and challenges and demise as a human species and take along with us countless other species as well.

The New Mother Earth teaches us that there is another way to live, away from the violent system of society, for a life that embraces love instead. It is this love, the unconditional love, that is the missing piece that we must embrace to be the shining souls, healers, and teachers, who we are fundamentally meant to be. We are truly not violent in Nature, because Nature is pure unconditional love, just like our hearts are. This is the precious gift that we are given by the divine

feminine which operates within and without us, everywhere, and in every being who exists. But we say no to it all, and discount and suppress the wisdom that resides within us.

All of us are healing, healed, and the healers simultaneously. We are the lightworkers who are eradicating the darkness within ourselves and helping to heal others and plant seeds of love within them. We are unconditional love and sovereign human beings free from hierarchical and dominant structures. This is our true Nature and who we fundamentally are.

As we continue on our journey getting ever closer to the Spirit to that which is unconditional love, we instinctively know that our journey doesn't end here. We must continue evolving and learning from our experiences and connections on Earth. It is *The New Mother Earth*, who is pure love that we all hold dear inside us. Let the love be the guide and healer, and the light shine out to the world beyond to everyone.

Part 1

Acquiring the Knowledge

So what is the underlying problem that humanity is facing? As I aforementioned in the previous section, humanity is challenged with so many problems of our own making, but it stems ultimately from two main factors. We are so disconnected from the roots of the problem because we are not taught to question things we are told in society and culture. We are programmed to follow and obey orders and rituals of society, governments, religion, education, and all other institutions within the system that is failing us. It is failing us because it is suppressing and destroying the love that is innate within our hearts, and from experiences connecting to Nature and all the beings who live here on Earth. This terribly wounds us as children, teenagers, and into adulthood, as we soak up things like sponges, we face so many difficulties in life.

When we are told what to think, say, and do in a system that is immensely violent and dominating, and not to question anything, we just obey and follow everyone like good little boys and girls in obedience school, and then think that the life which we're living is natural, normal, and necessary and anyone who questions it and lives differently, are considered weird, extreme, abnormal, different, fanatical, etc. We are not freethinkers like our ancestors once were, and are sinned or punished when we do wrong and are rewarded when we do

good. We judge, shame, criticize, and blame others for our problems and lives, and what they think or say about or to us. We are violent with our language and actions and this creates immense conflicts, challenges, and traumas in us, our family, and social structures within society.

Living in highly populated and polluted areas like towns and cities and being a part of society, as well as supporting governments and other hierarchical systems and all institutions within, are the problems. They are all systems of slavery. For around 10,000 years, since the herding culture, humans have been living in dominating social structures leading to all kinds of conflicts and wars. Before that time, we were most likely living more in harmony with Nature and other lifeforms. We did not kill and steal from anyone, as those were against our values of love and kindness, only unless it was necessary for our survival and existence. It was only when we moved out of the tropics of the world to colder climates that we began to act more violently for our survival.

How can we humans expect to live in a world of peace, when we live in such a violent patriarchal male-dominating system still living in these cold climates where we can't grow our food all year round? In some way, there have been some minor improvements in society in recent times, but still, it is not what anyone would consider paradise on Earth.

Reformation of Society

Reformation of society is not the solution; as we have seen throughout "history" this has never made anything truly any

better, otherwise, we would be living in paradise already. Voting for another politician or political group is not the answer. No one is going to save us: not Jesus, God, religion, the pope, your church, synagogue, or temple, Donald Trump, white hats, hospitals and doctors, military, governments, or even your next-door neighbor (unless, maybe they embrace the ideas within this book).

Divide and Conquer

Everyone is divided into different groups and movements: black versus white, feminism, and lgbt. It is all about dividing and conquering and creating separation amongst us all. Protests and petitions are just begging the government for petty little changes to be made, and this creates more anger within us and throughout the world. So we march and shout angrily at what's wrong with society and governments, thinking of nothing about leaving it altogether, and how to truly create a better world for everyone. We beg to the government when our taxes are high or when we need some improvements in society or for a particular law, but we don't realize that *"We must be the change we want to see in the world"*, as Mahatma Gandhi emphasized. *Remember folks, society and every part of the culture is slavery! Nothing good ever comes from a hierarchical and patriarchal male-dominant slavery society.* Again, those people who live differently from the rest of the people of society are considered extremists or fanatics and are often reported to the authorities.

Are Religions the Solution?

Religions also do nothing to solve the problems of our time. While, yes, there may be some denominations within different religions, that may be more caring and loving towards other people or even to nonhuman animals, ultimately, they do not encourage their followers to think for themselves and question the teachings. People must obey the teachings of their religion, God's words, and their holy books, and are told that they are sinners by Nature. When we do not think and question the teachings of our religion and culture, and just have faith in God's words, we become rigid and don't expand and evolve as spiritual human beings. Religions bind us, but spirituality frees us. We need to be free, to live free. Spirituality and religion are sometimes used interchangeably like they're the same thing. They are not. Spirituality has to do with connecting and getting closer to the wisdom of the Spirit, which is unconditional love, contained within our hearts, and moving away from materialistic ways of being, even though we must acknowledge that we are, in part, made of matter. Religion though, is an institution that binds us and doesn't allow us to question the teachings or think for ourselves, taking us further away from the love of the Spirit. Many of us grow up in very religious families and this heavenly wounds children and teenagers, into adulthood, not giving us any choice or say in the matter, and then we all become like trained robots, behaving, saying, and doing as others want us.

Christianity, for example, tells its followers that there is no such thing as reincarnation, and we either go to heaven or hell and that is it. This is very violent and manipulative because it

doesn't allow us to evolve, expand, and think for ourselves, and to give us credit for the power and worth that is instilled within each of us. Religion makes us feel powerless and inferior like we're a nobody. If God gave us a brain to think, then we must use it, and not just to obey and follow orders and rituals, but rather, we need to question what we are taught, otherwise we wouldn't have the need for a mind at all. Religion is all fear-based, not about unconditional love like spirituality is, and it does not embrace the sacred feminine within us. We are programmed to see God as a male dominant figure superior to us, and that we are all sinners by Nature, and just to have faith in him and that is it, and that one day Jesus will return to save us.

Major religions work in partnership with the government. For example, we saw some nuns in the nearest south american town, covid vaccinating people. Of course, there may be some individual churches or other places, that operate, to a degree, somewhat independently from governments or the system, and disagree with some practices within society, still, they are generally a part of the problem, not the solution. Otherwise, again, we would already be living in the Garden of Eden, and we notice that we're not.

"Religions may not have always been the establishments they are today, but their main aim has nothing to do with saving souls or guiding people on righteous paths. More than anything they are money making enterprises, designed to keep people oppressed, in the dark and submissive. And very lucrative businesses they are too, functioning just as the ad-ministers

intend them to do."
– From *Discovering Eden Fruitarianism An Autobiography Volume Two Awakening to The Uniqueness of Fruit* by Mango Wodzak

Having Faith In the Medical Industry

The medical and pharmaceutical industries are also part of the problem. They are probably one of the biggest and most powerful industries in the world. They do so much harm to people in a multitude of ways, that people continue depending on their drugs to suppress their illnesses. Many of us are drug-dependent and continue using pharmaceuticals until we die painful deaths. People also undergo many surgeries and procedures to try to fix their diseases and pain. When people are more dense and cause so much harm, they need harder drugs and more dosages to cope with the pain, instead of using more natural plant remedies to heal themselves.

When we take vaccinations, even just for prevention, this is a band-aid cure, instead of implementing a healthier diet and lifestyle. People don't know what a healthier diet and lifestyle are because there's so much confusion out there from people who truly don't know, and are there just to make money from ignorant people. These snake oil salespeople are not even healthy themselves.

The Covid Hoax?

There is so much confusion when it comes to the medical and

pharmaceutical industries and healing, especially when it comes to vaccinations and specifically to covid-19, the disease caused by severe acute respiratory syndrome-related coronavirus 2. There are many stories through the internet as well as personal ones I know of, of family, neighbors, and friends, who have gotten severely injured or have died, from taking one or more doses of the covid injections. Many of these people were already very sick, to begin with, and the injections exacerbated their illnesses, coagulating their blood even more. Some people have even said that the vaccination makes people sterile and unable to have children.

There is truly no information about the ingredients that are in these vaccinations, and the pharmaceutical industry and governments are not required to reveal those ingredients. The cdc (center for disease control) website, lists a lot of the ingredients in many types of vaccinations, and many of those viruses or diseases that those vaccinations are supposedly made to cure or treat, actually include the virus itself. Cdc does not reveal any ingredient information for covid-19 though. Even inside the vaccination package, it includes a large blank white sheet with all the ingredients omitted. It says, Ingredients: with nothing written beside. This was proven by one pharmacist in a video I saw a while back.

It is not known if there are any microchip tracking devices in these vaccinations, but because the industry coupled with governments are so powerful, and they really don't have the best interest in helping humanity, with their intent to depopulate humanity, there would be no surprise if the vaccination has some kind of tracking device or very harmful

ingredients in it that injures and kills countless people because already it has and continues to harm many.

During the height of the plandemic in 2021 after the vaccination was introduced, my partner Aurora was able to recognize when people had taken the covid vaccination like the light was gone from their eyes forming a shadow, and the sclera was very red as if they were turning into zombies. We still see many people with red zombified eyes. Of course, not always are red eyes caused by covid vaccinations, but we can see that nowadays, many more people have red eye issues than in the past, especially after the release of the vaccination. Is it a coincidence?

This covid vaccination was implemented for various reasons: to prevent the mass awakening of humanity, depopulate us, injure many people, make many of us infertile, and most likely to track us. There are also many cases of people dying from heart attacks and other severe illnesses after getting one or more doses of covid vaccinations. So it seems that these vaccinations raise the risk of developing and dying from various diseases, specifically heart attacks.

People are mistaken if they believe that the vaccination helps them or that it has some scientific validity. If we are living holistically healthy, there is no reason to put any foreign toxic matter into our bodies. Even if it was the case that the vaccination was beneficial for our bodies, I'd still rather not take it. If someone is healthy, why do they need to take vaccinations, drugs, or even supplements? It is all drugs in my view, and why these places where medications and supplements are sold, are often called "drugstores" in north

america. People need not take vaccinations just to protect other people. Rather, other people need to become healthier instead of relying on outside authorities and unnatural solutions to save them. Ultimately, this vaccination is not helping people, but instead, harming many people.

Vaccinations were originally intended for farm animals like Cows, Chickens, Pigs, Turkeys, Fishes, and others. The word "vaccination" comes from latin "vaccinus" meaning "from Cows" and "vacca" meaning "Cow".

At this time, masks were implemented on humanity to restrict breathing and impair our immune systems. Using soaps and hand sanitizers also brings in more harmful chemicals to our bodies. Social distancing and the lockdowns were further fear and enslavement tactics to keep people away from each other and to restrict us from receiving fresh air. This is because, the people who rule above humanity, knew that around the year 2020 was the beginning of the new awakening era on Earth. And because of that, they didn't want the mass awakening of humanity to take place, and therefore, they implemented the covid-19 plandemic and vaccinations for it.

The Innocent Dentist

People also think, what is the harm of going to the dentist to check and clean our teeth; there is nothing wrong with that, is there? Dentists, like other doctors, don't have the training, knowledge, or experience to help holistically heal people. Because most of them are only trained in treating one specific

part of the body with drugs and procedures, and are not healers like shamans or yogis are. Also, many of them make mistakes harming people in the process, even though most of them have good intentions to help people. I know many personal cases of people getting injured and even dying from trusting in doctors and the medical profession. That is why I don't trust or support any of these medical practitioners and the medical and pharmaceutical industries as they are all part of the violent system of society with the overall intent to harm, rather than holistically heal people. I say bye-bye to all of them, and hello to holistic healing and living. Here at Peaceful Village, we help people to holistically heal. Come and join us![3]

The Problems Associated with Towns and Cities

Living in towns and cities, people are exposed to so much radiation from cell and electricity towers, and wifi pollution. Many people live in tall buildings or dark basements not connected to the Earth, using a lot of artificial lights and air conditioning during warm months and heat during cold times. Most people go to a job they don't enjoy, just to pay to live, eat, and have a roof over their heads. They drink alcohol and smoke to suppress their emotions and problems and use television and the internet as distractions too. All these burdens negatively harm their bodies even more. We need to break this cycle of violence and go within to heal. The majority of humans are not living out in Nature amongst all the trees and wildlife any longer, where we need to live to start holistically healing.

However, many people still feel that they need their big box stores, cinemas, shopping malls, theaters, concerts, supermarkets, restaurants, nightclubs, and all the other conveniences and entertainment of towns and cities, which are distractions, and ultimately, creating a lot of pain and suffering for us. I know some people who love all these things, but fundamentally, they told me that are so bored and depressed where they live. It is paradoxical to love these amenities of society, but also to feel bored and lost within the system. If they love all these distractions of society, why then do they feel so bored and lost? We are lost and bored in life, because, fundamentally we are disconnected from living in natural ecosystems in forested areas.

We cannot have it both ways. If we truly want to heal ourselves, to help awaken the masses of humanity, and to raise the level of collective consciousness on Earth, we must embrace Nature to the fullest.

Because of town and city living, people become materialistic consumers thinking that buying things makes them happy, but truly, material products can never make people feel permanently joyful. I know, because throughout my life I too didn't feel complete and whole even with many material products I had. I still felt sad and unhappy in many periods of my life. For many decades I was a heavy consumer, buying all sorts of crap that ended up destroying Nature, and still, in the end, that didn't satisfy me; I wasn't happy.

People listen to very heavy and violent music with depressing and manipulative lyrics. Many, if not, most mainstream popular songs are very shallow and not

spiritually uplifting and loving, and they misrepresent, alter, and distort the true sacred acts of lovemaking. They program into us more manipulative and violent ways of viewing people to be used and owned, especially objectifying women as sexual objects, and lowers our individual and collective frequencies and consciousness on Earth. Many songs are about war, patriotism, killing and gang violence, superficial sex seeing women merely as pieces of meat, and sometimes incorporating satanic subliminal messages and imagery in music videos, without any spiritual and ethical qualities.

Television and Movie Programming

Movies, documentaries, and television programming are very similar. Many of these mediums have the intention to instill violence, fear, and perversion into us. News from the television, radio, newspaper, and internet, tell us all about the tragedies and violence around the world, instilling more fear, anger, and confusion into us. We believe everything to be real, seeing the reality on television, it is right there plain to see. But many people are duped into believing anything they see as real, not understanding that television programming, especially hollywood movies and news, are manipulated using green screens and with actors playing many roles. Why would the media and governments want to lie to us? We are so innocent and gullible. More than ever, people are seeking more truthful information, like alternative news thinking that it's better and giving them more accurate truthful information. This is further from the truth. This news is still not beneficial

for us, as it continues to instill fear, anger, and negativity in us, and doesn't empower us to think critically for ourselves.

Even the innocent wildlife documentary, portrays violence and competition within Nature. They depict animals in competition with one another for survival for, food, and territory, and killing others in the process. Even in the life of a plant or herbivorous animal, there are struggles and competition.

According to propaganda throughout society, there are so many creatures who are very ferocious and venomous with the intent to injure or kill many. It seems that there is much strife and violence in Nature, but this is not entirely the case from my many years living out in Nature and my time spent in the wild Amazonian jungle. I believe that everyone at heart, including Nature of all of the creatures within the natural surroundings, fundamentally are all unconditionally love, but some of them, just like us humans, have strayed away from the love of the Spirit. Even though I see many vines and spiny plants harming other plants, and Snakes, Lizards, and Birds eating Insects and other creatures, I know from observation of the Natural surroundings, that there's more harmony than harm, and I do feel that over time, when humans raise their level of vibration and consciousness, contributing to less violence, we'll start seeing more love, and less violence throughout the natural world and in the lives of other beings. In the current transition to an Eden paradisical way of living in the world, we still see some violence in the natural environment around us, this is true. But overall, I believe, there is more harmony in Nature compared to killing, and

even the venomous animals like Snakes, Spiders, and Scorpions don't intentionally want to attack us. We've come so close, even centimeters away from some of them while working, without any injuries. The only minor injuries we had, were from accidentally stepping or sitting on Ants, Scorpions, and Spiders, and disturbing Wasp's nests, with of course bitings from Mosquitoes and Gnats. We lived with two of the most venomous Spiders called the Brazilian Wondering Spider and Tarantula, and also the Bullet Ant, without them paying much attention to us.

I've even heard and seen videos and documentaries of people living amongst what we would consider ferocious wildcats, without truly coming into jeopardy. What I can say from countless hours of meditation and living in Nature and being in very remote and pristine areas of the jungles, when we let go of fear and trust in the protection of our lives to the Universal energies, God, or angels, and of course while doing little to no harm with our diet and other lifestyle choices, then we will be more protected and loved. Just look at Mogli from *The Jungle Book*. 😉

Nonconformity and Minimalism to the Fullest

On top of all of this, we conform to society's beauty and fashion standards, becoming materialistic consumers, buying all sorts of new clothes made in sweatshops, altering our bodies in horrible ways by wearing makeup, and using shampoos and conditioners, gels, hair creams, perfumes, deodorants, etc. We use all sorts of other beauty products to

straighten or curl our hair, thinking that we look more attractive using them, in society which makes us feel inadequate. Within society, the beauty and modeling industries, corporations, and the advertising and media industries, and amongst others, teach us from a young age, with beauty pageants, prostitution, pornography, and music videos, to objectify women, just like we do to female animals like Cows and Hens. If we don't look like that model or wear brand-name clothing, we are not fashionable and are frowned upon. So we get all types of surgeries to enlarge our breasts, penis, and buttocks and think we look more attractive and sexy. We go to the hair salon and pedicurist, and even cut and pierce our skin and put unattractive-looking jewelry in our ears, what I like to call "ancient dangling artifacts", nose, and other parts of our face and body. Tattoos are a big thing too, with people covering many parts of their body. People wear bras, underwear, shoulder pads, pantyhose, high heels and other closed-tight shoes, and other stuff, that just makes them look more ridiculous.

All these industries of society and culture are thriving from our ignorance, low self-esteem, and the suppression of the feminine wisdom. But all of these things are done only because we are severely hurt, and don't unconditionally love ourselves for who we truly are on the inside. If we knew how unique and sacred we are, and what talents and purpose we have, and connect to the feminine divinity within us through Gaia and Sophia, we would never harm any part of our precious bodies with those ridiculous-looking things, that, ultimately, harms everyone in the process. We are severely

hurt and wounded and need to care less about what society and people think or say about us, otherwise, we will never fully heal ourselves and live intrinsically. The more we nonconform, the more we heal and break the cycles of violence. So get out and be the original and unique you wearing your raggedy old clothes without makeup, piercings, bras, underwear, high heels, pantyhose, etc., and not a copycat of society's fashion standards.

When we don't love ourselves, no one will love us, and we cannot love others either. Because of our sensation to beautify ourselves, and to conform to the modeling, fashion, and societal standards, we also destroy Nature as a result through the harmful chemicals that these products are comprised of.

The Herding Culture

Another critically important issue that humanity experiences is the food that we consume. When we take in the dead matter of murdered nonhuman animals, and everything that comes from them, like their bodies, guts, tendons, muscles, blood, pus, and secretions, we instill more violence in our lives and around the world. The act of murdering and stealing from another being, even if we don't do the action ourselves, is anything but compassionate and loving. We are being violent with our actions. To live free ourselves, we must free all other beings from slavery, and not support any violence to them through the food, clothing made from them, animals used in entertainment, testing and experiments, as pets, and in other ways. Because we view nonhuman animals as objects to be

used, we therefore are also used in a multitude of ways against our free will throughout society. We must live nonviolently, to live in a world of nonviolence. Animals are our companions, living wild and free in Nature, not our property, and not to be used for sport, hunting, or fishing either. Everyone deserves to live free amongst the trees or waters of the wilderness.

Seeing nonhuman animals as beings, rather than as material objects, is probably the most important thing that we can embrace in our lives in order to live free and to be kind to Sophia and Mother Earth. Animal agriculture by far, is the most critical issue of our time that is causing the most harm and suffering than any other issue we're dealing with.

Sophia can be considered the feminine Goddess creator of all lifeforms, and when we harm any of the creatures, we harm Sophia, ourselves, and our Mother Gaia, and shut down the wisdom of compassion and love from within us. We literally become dead people, because our feelings and emotions are suppressed within, partially, or even completely, killing the feminine wisdom within us, by living in a competitive male-dominant herding society, primarily run by pale-skinned "caucasian" people. God is also identified as a male human, because of major religions which tend to reinforce the suppression of the feminine.

We view nonhuman animals, especially female animals, and their sexual reproductive organs as something to be used. We rape and impregnate them against their will, and treat them in such horrific ways, that no God or angel would see as loving. Killing and stealing is not good in itself. These are all not loving and caring things to do, because then we would be

able to show young children videos of how animals are used, have their babies taken away from them, and then eventually slaughtered at a young age. No child, who is not already so brainsullied, could stand to watch anything like that and would probably try to do something to stop the horror from happening. Even adults have a hard time slaughtering an animal or witnessing such cruelty.

"Liberating and honoring the feminine principle is perhaps the most pressing task in our culture's evolution toward peace, sustainability, and spiritual maturity. In our herding culture, these qualities are not respected because the work of herding animals requires men to become hard and cruel, and to emphasize their separateness from and superiority to animals, Nature, and the life-giving processes of the feminine. This has led to a patriarchal mentality concerned fundamentally with domination, control, separation, rational analysis, commodification, war, and killing. Its basic dictum in human affairs follows from its fundamental herding orientation toward animals, which is that might makes right. And yet the feminine principle is still alive, longed for, and beloved, because we know at the deepest levels that this is a vital aspect of our essential Nature." [4]

– Dr. Will Tuttle, PhD, author of *The World Peace Diet*

Even treating nonhuman animals more humanely, is not possible, because any way we use them, means that we must violate their right to live completely free in Nature. No one can be used in any way, no matter the label on the package, how

they are treated, or the way they are killed. There is no humane way to steal from an animal what belongs to them, and eventually to kill them for products. They cannot be used in any way, as there is always some harm caused by doing so.

But What About India's Holy Cow?

Even in india, the place where the Cow is considered holy, there is immense violence in the industry. Chili Peppers are put into the Cow's eyes or their tails are broken for them to move or stand up.

Some of the milk from these exploited cows is used in frivolous ways in ceremonies and other ways, not for human consumption. And even so, no matter how the milk, ghee, yogurt, and other dairy products that come from horribly treated animals are used, there is no ethical way to acceptably use the "holy Cow". All these cultural rituals need not happen. There is nothing "holy" about raping Mothers, stealing their babies from them, and eventually killing them prematurely or sending them off to the streets where they eat huge amounts of garbage that ruptures their stomachs. This is all done when their milk production declines after just a few years when they can live around twenty to thirty years. Surprisingly, this happens in all dairy operations, even with small farmers with only two or three cows. Cow's milk is for baby Calf's only, and not made for humans, just like Camel's or Dog's milk is for their baby only, not made for any other species.

It seems, that in india, the killing and consumption of Cows is legal in some states. According to statistics, the production of

Hen's eggs is higher in india than anywhere else in the world. It is not the land of ahimsa (nonviolence), as it is believed.

But is there a way to truly take something from someone lovingly and harmoniously? Cattle and Chickens are domesticated, so no matter how we see the situation, we take from them what is not ours to take. Milk from Cow's, Goats, and other animals, eggs mostly from Hens, and honey from Bees are not meant for humans. No matter how the situation is for the nonhuman animal, they are not here to serve us and to use in any way. If we were trying to suck a wild animal's teat in Nature, it probably wouldn't be possible to do so, as they wouldn't let us. They would kick and do their best to run away. It is absurd and perverted to think about getting on our backs under the animal to suck her, or to squeeze her teats with our hands into a container and drinking that. Just thinking about it, it's gross. It is only because we are so conditioned to believe that we have the right to use nonhuman animals and whatever comes from them as products, that somehow it is acceptable to do so and there's a loving way to do so. These are different species, not from our own. We are species-specific, and we need to consume what is biologically meant for our bodies, not what is biologically correct for other species, otherwise, we would've been born a Cow, Chicken, or Bee, and we see we are not those animals. The only reason we continue justifying that it is alright to "steal" and use the milk, eggs, or honey from other animals is because of cultural and societal programming, and that is it. We've been doing it for so long that we are accustomed to doing so. But just leave the damn animals alone already! We have fruits and other delicious

things to eat. We don't need milk from another mamma. We are not babies anymore! We don't need what comes out of the butt of a Hen.

If we ask ourselves one question, just one*: "Why is it that in Eden paradise we don't see any animal slaughterhouses or animals raised in captivity?"* In a utopic world, there would be no acts of violence towards anyone. There also wouldn't be any wars, military, police, governments, religions, marriages, educational systems, and so forth, because society wouldn't exist in a place like this.

Pets and Animal Sanctuaries

In my book, *Return to the Gentle Sea: For the Love That Lives in Everyone*,[5] I explain why having pets and animal sanctuaries are unethical for the most part. If we are to live in a world of nonviolence, everyone must be free, because if we're not living completely free out in Nature in our natural habitats, we are not free, and therefore, we are causing violence.

There are always negative ethical implications to viewing nonhuman animals as products. When we see them as things to be used, as breeding machines to be bought and sold, as human beings, we are also used unethically in society. Breeding nonhuman animals is in itself a violation of their natural free rights to live in their natural habitat in Nature.

Humans breed, usually very highly sought and exotic breeds of Dogs or Cats, and of course other animals too, in unnatural urban and suburb areas, to eventually take away their children to sell them for very high prices to people.

People use these exotic pets, often putting clothes on them, for entertainment in pet shows and they do all kinds of stupid tricks that they would never do in their natural habitat. Many of them have to be beaten and yelled at to perform these tricks. Some people even sexually abuse their pets.

Even if we adopt or rescue the animals, it is against their freedom to keep them in cages, houses, apartments, and so on. It is unbelievable that many people keep their cats and dogs in small tiny cages. The houses or apartments can also be considered cages. Even if animals have access to the backyard or side of the house, they are often on cement or concrete grounds with a small house for them to sleep in, often attached to collars and short chains.

Cats are a little bit easier to have because they don't require as much care, just to feed and give them water, and occasionally change their litter box. Their litter box has to be frequently cleaned, otherwise, they can poop and pee elsewhere if it is not. Cats are picky about their cleanliness.

When it comes to their food, none of them are truly eating what they're supposed to. Cats are carnivorous and Dogs are omnivorous. I've seen both Dogs and Cats eating plant-based, some even fruit as well. They were not forced to consume these foods, they just enjoyed them. So maybe, in their natural habitat in Nature, if given the opportunity, they would also consume some or most of their food from plants. Their biological food is the animals that are roaming in Nature, at least for the most part, of course depending on the type of breed and where their natural habitats are, it will vary from animal to animal.

The commercially available store-bought food that is given to them, comprises of many animals that they would not eat if they were living in their natural habitat. Some of the animals include Chickens, Cows, Pigs, Turkeys, Fish, and even the dead bodies of Cats and Dogs killed in laboratories. Therefore, Dogs and Cats are cannibals. Because these industries and companies are so large and powerful, it is not required for them to accurately label ingredients on packages. If consumers actually knew that they were feeding Dogs and Cats to their pets, they would be in an uproar and start protesting. Instead, these megacorporations label Dog and Cat flesh (meat) as Chicken. To my knowledge, this happens with most, if not, all commercially available packaged food, in dry or wet form, and even those which are certified organic.

Even if we ethically feed our pets vegan, there are many negative implications in doing so. If given the chance to live in their natural habitat, Dogs and Cats would probably not eat completely vegan and would consume a large portion of their diet from animals.

There are big brands that are now offering vegan formula food for pets, at least until now I've seen them available for Dogs and Cats. When we buy from these big brand name companies, we are supporting these animal exploiting industries to stay in business. Even if we are to buy strictly from vegan pet food companies, which there are numerous now, we're also not being fair and respecting the biological diet of these animals, because their diets are either carnivorous or omnivorous, not completely herbivorous. Even though it is possible to feed nonhuman animals vegan and

supplement them with synthetic taurine, and it seems that they are healthier than other animals who eat conventionally store-bought pet food, in their natural habitats, they wouldn't be eating this way. So we are forcing them to eat completely unnatural foodstuffs that they wouldn't otherwise consume.

Some people then have the idea that it is better to go to a butchery and buy the animal flesh and feed it to their animals. Even in rare cases, some people might go out and hunt and kill an animal and feed it to their pets. These are also not natural situations, as we are doing the hunting for them that they would otherwise biologically do themselves. So we are taking them away from their natural biological functions of hunting and living in Nature.

Another thing is, that usually we feed our pet animals several times daily, but rather, if they were out in Nature, most likely they would be eating animals probably once or twice weekly, of course depending on the size of the animal. For example, Lions usually fail to catch prey, nine out of ten times they try, which means that they are successful only one out of ten times. When they do eat other animals, they consume a huge portion of the animal's blood, guts, tendons, muscles, flesh, skin, and bones, and probably even their fur, about once weekly. Therefore, our pets are also into gluttony as most humans are.

Cats and Dogs also leave a lot of hair around and smell up our houses and apartments. Many people allow their pets to sleep in their beds and even kiss and lick them on their face and mouth. Dogs and Cats are known to clean their asses and genitals by licking them with their tongues and then they lick

us and sleep in our beds, while they're not clean. How gross! Yuk! If we do wash them, it is usually done with extremely harmful chemical shampoos, which negatively affect their fur, skin, body, and respiratory system. Some veterinarians even recommend brushing their pet's teeth, and usually it is with chemical toothpaste. These are not natural things that they would do if they were living in their biological habitat. Living with animals in this way brings a lot of fleas into our homes, mattresses, and bed sheets and even on our skin sucking our blood, and sometimes even transmitting various diseases to us.

The bottom line is, when people "own" pets, they are, for the most part, completely dependent on humans for their food, water, and taking them out for walks, etc. Even if Dogs and Cats are roaming free outdoors with their human caretakers somewhere in rural areas, they are still somewhat relying on us for shelter and food. They are not free.

Another thing we need to realize is that neutering and spaying animals, no matter how good intentions or justifications we have for doing these operations, violate their natural biological function and right to naturally procreate. Every animal has the right to procreate in their natural habitat. Hence, we restrict their right to naturally give birth by sterilizing them.

No matter how we see the situation, animals like Cats and Dogs, and even other ones who we domesticate such as Fish, Birds, Rabbits, Rodents, and others, experience some form of harm living in unnatural settings with us. Even if we do it with good intentions and feel that we are doing the best for them with love, as if they are one of the family, we violate many of

their rights and biological needs.

This also goes for animal sanctuaries. These are just like prisons for the animals. Most of the sanctuaries that I've been to are similar to zoos. They cage the animals in small areas, feed them not what they are biologically meant to eat, and violate their rights to naturally procreate and live in Nature with their families. Many of these animal sanctuaries don't even rehabilitate the animals back to their natural habitats, so they are imprisoned for their entire lives in small areas. Many of the people working in animal sanctuaries, who claim to be vegan, sell or even eat the Hen's eggs. This is not a vegan practice, and therefore, these people shouldn't call themselves such, as it misrepresents what it actually means to be vegan, which I explain in a subsequent section of this book.

Many of the nonhuman animals are rescued from abusive situations, arriving from organic animal farms, giving them just a bit better situation. At least they're not killed. But the same thing with zoos, we think, at least they are not killed. However, it is often a lot worse, with many of these animals becoming psychologically and mentally traumatized from living in unnatural settings. Many of them pace back and forth, sometimes going in circles, some eating their own vomit, and a whole lot of other abnormalities, that they would not exhibit if they were living in their natural habitat.

So as noted, having pets or rescuing animals and putting them in animal sanctuaries, violates the animal's natural right to be in their biological habitat of the wilderness, and to be able to search for their food and shelter themselves, and for some of these animals, to be with their families. Therefore,

when we think that it is a selfless act and loving to rescue and spay and/or neuter animals and that we're heroes doing the best for them, we are very mistaken. It is very violent and thoughtless.

If we care at all about the welfare and rights of every being, we should see to it that we absolutely don't own or domestic any animal at all. Because then we are also violated in our rights and freedom by other humans.

However, if we should come across a nonhuman animal that needs assistance, we can see to it that they are cared for until they're able to be rehabilitated back into Nature in their natural habitat. If we are living in an urban or suburb area, of course, it wouldn't be ethical to throw the animals on the street, but we also need to respect their rights to live completely free in their biological and natural habitat. So if we don't have the means to rehabilitate them back into their natural environment once they are well and able to care for themselves, we should not rescue them in the first place. We should see to it that we have nothing to do with domestication of any nonhuman animal, because as mentioned, there are many negative consequences in doing so, violating so much of their freedom and rights.

There are many people, who, when they find out that their pet needs an operation, and they cannot afford to pay for the operation, will then have to just euthanize them. When this happens, these people truly don't care about the animal(s) and just see them as a huge expense that they cannot afford. If the same thing happened to their human family, they wouldn't think twice about the cost of the operation and would find

some way to fund it. Therefore, nonhuman animals are considered lesser than humans, and disposable units and property status. And when the time comes, and "our pets" need to be euthanized by the veterinarian, they are killed, as that is what euthanasia is, *"intentional killing or death of someone alive"*.

Then there will be people who continue justifying that rescuing and having pets and spaying and/or neutering them, is the least that they can do for someone who will eventually be killed and that they are putting them in a better situation than what they had before. But it doesn't matter what they think or say. What it boils down to, is that all beings on Earth need to be free in their biological natural areas of the world with the ability to procreate naturally. Violating any being's rights and freedoms to achieve just a bit better conditions, is extreme violence. Still, many people continue to justify that it is still somewhat morally acceptable to have these animals in our care. Violating another being's rights is never justifiable. Some people may say that they are giving them a better home than what they had before. No matter how the situation is or what justifications we have, we still violate many of the animal's rights, which means that we harm them in the process that restricts their freedom.

We may think that there is no other way to rehabilitate them back into their natural environment after being domesticated for many years and that somehow we just need to wait until the animals die their natural lifespan, and then not to further rescue other nonhuman animals any longer after that. I understand that there sometimes is no perfect

solution to certain situations, and that we just need to do the best that we can at any given moment in our level of consciousness.

Therefore, because of all the harm that humans cause, many people say that Eden can never manifest on Earth, at least in our lifetime, because humans are not ready for that or we're still waiting for Jesus to save us. Other people say that we're waiting for someone else to save us. Why are we always waiting for a savior to come to our rescue? It is humans that are causing so much horrible suffering on Earth, therefore, we should just stop doing what we're doing and live compassionately with all beings. But no! We justify our bad habits and lifestyles thinking that somehow we are good people and we're going to go to heaven when we die. Good people don't support violence against any living beings. Nature is a conscious being as well. And to some degree, even what we consider to be "inanimate objects" are also conscious beings, so we need to care for them and make them last as long as possible. That is why humanity is in the mess that we are in. We are so lost, disconnected, and such ignorant people. When will we ever wake up? But I know that many people are becoming more conscious and aware of the issues written throughout this book, and are taking action and necessary steps to make this place better for everyone.

We buy material objects that cause so much suffering to humans, other beings, and the environment, that we can't even imagine, without being the victims ourselves. We have a, "I don't care" mentality, and we shrug it off with our latest fancy clothes, electronics, expensive cars, large houses, and so

many other material objects, which we then just throw away when they're worn out. We are a throwaway species, and we don't care one bit about the negative implications of our actions. And when we do recycle, we think we're superhero environmentalists. What a joke!

I cannot emphasize this enough, society, every institution within, governments, and even religions are slavery as well. Living in polluted towns and cities and buying from supermarkets are a part of the system of slavery. We will never be free if we continue living in these overcrowded and polluted areas. These places are usually devoid of natural forested areas, with pristine waterways like Rivers, Streams, and waterfalls. These are places where old-growth forests once stood, but are now entirely devastated and no longer pristine areas. We get our water, electricity, and propane gas through municipal government systems, and drinking water also in plastic bottles from stores. Municipal tap water is usually highly polluted containing so many harmful toxins including chloride, fluoride, pharmaceutical, and chemical residues.

People think that the rain, which is produced by Nature, is harmful and they rather get their water from bottles and municipal tap water instead or use a water filter. They rather have government electricity than implement more ecological alternative sources. People are so addicted to their large refrigerators, stoves and ovens, water heaters, air conditioners, dishwashers, and washing machines, using so much electricity, that using alternative sources of energy would probably not be practical or possible. Instead of using less water, energy, materials, and so forth, with people consuming more than

ever, destroying Nature and harming everyone else in the process, we should be reusing, repairing, and upcycling whatever we can, becoming minimalists.

Environmental Destruction

Throughout the world, it is estimated that ten million hectares of forest are cut down each year. This is mainly due to animal agriculture, grazing animals like Cows, Sheep, Goats, and others, and growing crops like Soy and Corn to feed them. Of course, the environment is destroyed for other things like the monocropping of various plants like Cacao for producing chocolate, or for building towns and cities, roads, Palm oil, etc.

But by farthest, the most number of trees cut is caused by animal agriculture. This destruction is done in a variety of ways from clear-cutting with chain saws or by burning. Burning by far, is the fastest method of clearing vast areas of forests at any one time. Every method of deforestation causes massive harm to the Earth, displaces the animals and their homes where they live, and even kills countless of those nonhuman animals, and of course, harms ourselves too. Forests are very vital for all lifeforms to live here, as they are one of the lungs of the Earth, like all the Oceans, Rivers, Lakes, Streams, and all other bodies of water. Without the forests, no one would be alive here.

The more trees that are cut, the more the lands become barren and desert-like, with much less rainfall. There is no topsoil left and erosion of mountains and hills is commonplace. When humans graze animals for food, it exacerbates the

damage to the natural environment around them. Without trees and vast tracts of land of native forests, species of all kinds, including humans, die out or are dispersed to other nearby areas. Even national parks are being destroyed further, mainly due to animal agriculture pushing their way through.

Destruction of the Oceans and every other water source is also devastating to the Earth, and every species living here. Humans kill trillions of animals each year in fishing operations for human food consumption, as well as feeding fishmeal to farm animals and using it as fertilizer for growing plants. We don't know the catastrophic implications of removing so many fishes and other aquatic animals from the waters of the world, especially when countless species go extinct, and what devastating effects it has on the rest of the species on Earth.

But we know that every life is precious and unique and that each of them values their life as much as we value ours. When we kill or remove animals for use in marine parks or aquariums, we take many of them away from their families. This has a traumatic effect on their family's lives with feelings of depression and sadness.

Fish and other aquatic animals are not feelingless machines. They are very highly intelligent and conscious beings having emotions and feelings. Many of them, including Sharks are not dangerous as humans are led to believe. There is a myth perpetuated by the media and around the world about how dangerous Sharks and other creatures are, promoted in movies like Jaws that demonize these beautiful and gentle creatures. In the documentary Sharkwater, they

dispel the common myths about Sharks and even show divers swimming alongside of them without being harmed.

This is similar to the myths perpetuated in popular culture that Lions, Tigers, Jaguars, Tarantulas, Scorpions, Snakes, and the like, are dangerous and can injure or kill us and to avoid going to these places where we may encounter them.

Marriage

Marriage is also a violation of our rights and freedom. Why do we need the government and religious institutions permission who we want to be with? What business is it of theirs to pry into people's private affairs? And then if we want to separate from our partners, we need to get permission again from the government to do so. This all costs money. One can't get married or divorced without paying into the system. How ridiculous! They can go fly a kite! I want nothing to do with them.

People partake in rituals, many that are satanic, playing a wedding march, putting a ring on their finger, and taking vows like to love, honor, obey, and be faithful to our partners until death does them apart. In the wedding ceremony and celebration, people dress in fantasy costumes with choke chains (ties or bows), similar to what Dogs and Cats have (collars and leashes), and usually, the men are all dressed in black, which many spiritual people believe is a satanic color, not white like angels. The color black is said to attract more evil Spirits, and why many spiritual teachers often wear white clothes. The two in partnership, now husband and wife, are

committed to staying together for life and view the other as their property and this creates restrictions and imprisonment within the relationship, creating a lot of turmoil in the individual and couple. Many people don't keep to their vows and are unfaithful to their partners. The negative subliminal messages and satanic rituals behind weddings, seriously harm ourselves, the couple, and everyone else involved in the marriage ceremony.

But what about nonreligious and nongovernmental marriages, the ones that ancestral people perform out in Nature? This also is similar to weddings in western culture, but without governments and often religions involved, in that the two parties and the community involved, ultimately view the couple together, like they own one another, tied and bound forever, and not having the freedom to do as they please or to be with who they wish romantically or sexually. If one or both of them are involved sexually or intimately with another person, then they are said to be cheating and that the other person did them wrong. This oftentimes hurts their partner with sadness, anger, and jealousy issues, with them getting separated or divorced down the road. This is because marriage is essentially about ownership of the other person and viewing them as "our property" and that no one else can have them, and nothing more than that. Religious people often see their partners as evil sinners for the act of infidelity, and they're going to pay for their sins by going to hell. This is similar to how we view and treat nonhuman animals as property status owners.

Bearing and Raising Children

What about bearing and raising children? Why do we need to tell the government about who we bring into this world? I am anonymous and autonomous, and my family is too. We will decide for ourselves when the time comes, giving birth at home within the community, and without any medical interventions. People in the community can be around to witness the beauty and sacredness of the birth and even help assist in the pregnancy if needed. Or rather, maybe the Father and Mother can do it by themselves. But people here will decide, not governments or our biological parents.

We know that the common way of giving birth in hospitals and private clinics in society is very violent. Mothers are taught to lie on their backs, which is a very agonizing and painful position for birthing. The more natural position would be for women to be between standing and squatting, which is easier and less painful for giving birth. Birthing should be an orgasmic experience, not painful. In hospitals and private clinics, Mothers often give birth through cesarean section or episiotomy, because it means more money for every procedure performed by the doctors and the hospitals, so they frequently recommend these surgeries to them. These places are often very cold, with stale air, and frequently air-conditioned, highly artificially lit, without natural surroundings of trees, rivers, or lakes. The whole experience is very traumatic for both the Mother and baby.

Right away when the baby is out of the womb, doctors cut the umbilical cord, which ultimately should either fall off after

some short time (usually in a few days or weeks) or when the cord begins to rot and smell, the parents may just cut or disconnect it from both baby and Mother. The cord is necessary to be left on as long as possible, to give air, water, food, and other nutrients and elements from the Mother to the baby.

Then traditionally, the baby is hung upside down, usually by one leg, and slapped on the butt to make them cry. This is a very painful and satanic ritual. Usually immediately after this, or within a few days, babies are given many harmful vaccinations that temporarily or permanently injure many of them. Doctors usually blame their illnesses on the lack of oxygen or position in the Mother's womb during birth, and this could be somewhat true, as when the doctors cut the umbilical cord it either stops or severely limits the baby's oxygen and air intake. When babies arrive from their Mother's womb, all their respiratory systems and organs are not yet fully developed and functional, and that is where the umbilical cord comes in to help with all of this until it falls off naturally or with the help of the parents. By that time, the baby is more capable of providing their own air intake.

Another thing is, in jews, circumcision is performed on baby boys on the eighth of birth, and in muslims it is done to both genders male and female, but in boys, there is no fixed age for circumcision in islam, and it tends to change across countries, cultures, families, and time. In some muslim-majority countries, circumcision is performed on muslim boys after they have learned to recite the whole quran from start to finish. I have seen a film of muslim teenage boys somewhere

in africa who were circumcised around thirteen years of age.

This is all a heavy burden and excruciating pain for babies and teenagers. This procedure is done without any anesthesia which is more acutely painful for babies than adults. It is also highly performed surgical procedure in hospitals throughout the united states. Much of the foreskin, which fetches a high price, is then bought by the pharmaceutical industry to be used in medications, similar to Pig pancreas used in the manufacturing of insulin.

Also, why are doctors, who assist in pregnancies, mostly male? Because, from the very beginning, the medical industry was mainly operated by men with women as the nurses. But men generally don't know much about giving birth. Women, rather, are more intuitive, caring, and feminine. They are ones who give birth.

In jewish rituals, it is customary for the rabbi to suck the penis of babies and young children. This is an evil satanic pedophilic custom, with many religious people accepting it as normal and necessary.

Birth Registration

If we want to be free, we need to free ourselves from governments and society and not allow anyone outside of our communities to know any private information about us and our families. But what about registering children in society and putting them in schools? When we register children in society, they become a corporation number, not a free sovereign human being who instinctively we all are. We are

treated just like Cattle, given a tag number, which is our identification number. We absolutely don't want to be part of this slavery system and we're not putting our children into it either. To emphasize, we're not products, but free sovereign human beings, having the right to govern our own body and mind, not those from outside of us. We know about this because we too were part of the slavery system for many decades, and we don't want our families or anyone to be a part of it.

Educational Systems

Educational institutions are all about a hierarchical system where the teachers, principals, and system are the authorities and teachers teach from government-approved textbooks. Students have no say in the matter and must obey them and the system otherwise they are ridiculed, scolded, and punished in some way with failing grades. Sometimes they are even physically or verbally abused by their parents. When they do bad, they are punished, but when they do good, they are praised and rewarded. This is the foundation of society. Because of this, many students are in consistent fear of failing in school and life as they may be punished for doing so. Students are given so much schoolwork, that they must complete out-of-school hours. This doesn't give them the freedom to do as they please with their free time.

Not only this, teachers and schools tell young children what the appropriate clothes to wear, with some even mandating school uniforms, not allowing the students to freely

choose what they wish to wear. Students mostly sit at desks all day, programmed what to think and say, and not to question authoritative power. If they want to go out and just play, are hungry, or want to do something creative or physical, they can't and need to follow the school curriculum. Many schools are removing, or have eliminated physical education, arts, and extracurricular activities, so movement and creativity are void from student's lives.

Just like in the military, it is mandatory to repeat many different phrases and songs, like the national anthem or religious prayers. Many people also wind up becoming religious fanatics and think that people who are prescribed to other religions are inferior to them. This is a separatistical, judgmental, critical, and violent way of viewing other people, and is not a very loving way to live in the world.

Unschooling Our Children

There is such a thing as unschooling (aka noschooling) where the student and adult both learn from one another, in real-life discussions and situations, experiencing the outdoors in Nature and seeing many animal life forms around.

In this type of school, which will also be the life of people at Peaceful Village, there are no traditional classrooms, tests, fail or pass grades, and no mandatory clothing to wear, most of what you don't find in institutional public or religious schools. Instead, children are taught to be creative and be their unique selves, and if they're hungry, they can eat. Of course, there is a curriculum, but it's open-ended as to what the

students and adults decide they want to learn, experience, and physically do, not some mandate from a government institution, as there is none of that with unschooling.

Everything is fun and play, even work is. It is about learning the lessons of life and how to thrive self-sufficiently in Nature. Growing and preparing our food, learning about the ecosystem, being creative in building natural constructions, and upcycling and restoring used items, are all welcome and encouraged within the community. Sometimes we are in observation of the natural surroundings and of the other animals going about their day, or we're in still meditation.

It's all about how to become self-sustainable so we don't rely on society to meet our basic necessities. All this is a fun play and immensely enjoyable. This is the kind of school where children don't get bored or sick, and where there are no boundaries to what can or cannot be accomplished.

For the most part, I was horrified about going to public school and continued until recently having frequent nightmares about it. I found most of the learning useless except for writing, reading, arithmetic, and practical work like gardening, plumbing, electrical, small engine repair, and construction in the technical schools I was in.

Military and War

The same thing holds true for the military and war. Humans are taught that "their country" is better than all others and that people from other nations are inferior to them. They become patriots of their country, and then see others as the enemy and

do whatever they can to defend their country. In some countries, the military is even mandated and forced upon children and adults. This is a lot of violence that need not happen.

In a utopian world, wars, educational institutions, and religions would not exist. There would be no division, hate, judgment, or violence of any kind between us humans or any other species. We all would be living in a world of interconnectedness, inclusion, cooperation, and harmony.

Do We Have to Pay to Live on Earth?

What about paying taxes, rent, or mortgages? Do we have to pay just to live in the world? Yes, because governments don't want anyone just to live, eat, or sleep for free. That is why there are so many people living in poverty. They either don't have the money for high rent or mortgages or don't want to be part of the slavery system, but don't know how to live another way away from society. People are stuck as to what to do, and what is the alternative, but sick and tired of the whole insane system. Eventually, some of them become mentally disturbed, and this is due to them becoming crazy and sick of the corrupted system, feeling hopeless that there is no way out and no alternative. Their feelings and needs are not being met because of the system that binds and conforms us all, and doesn't allow for questioning and evolution.

Like, we can't just pitch a tent anywhere and sleep in a park, on a beach, or in our car for free, or someone may report us to the "authorities" and they will ask us to leave. Aurora

and I pitched our tent in several places, one time on the beach, however, we were asked to leave by one of the security guards. We had a long discussion with him, who eventually had no choice but to let us stay for the night. Several years before that, I slept in an open park for many days without anyone reporting me to the police. But one time when I was sleeping in my tent in a more secluded parklet behind some houses, the police appeared and told me I was not allowed to sleep there and to leave right away. They waited until I packed up all my belongings, and then escorted me out. At the time I didn't know my rights, and just went on my way, being courteous to the officers.

People asked me, but why didn't you just pay for a room at a hostel or go for couchsurfing? The main reason was that I prefer to sleep outdoors close to Nature amongst the trees, and I didn't want to spend so much money as I was on a limited budget. Also, at the time I didn't know about couchsurfing. But I did eventually use some volunteering sites a few times.

Some time ago, Aurora and I went to a hostel where a parasitic worm attacked and went right inside me. I felt someone was in me, and not just some mosquito or gnat bitting me. It took a few weeks, of desperately trying to remove the worm, and finally out came a small wiggly worm out of the side of my body, speechless at what happened. Now it is not appealing for us to go to hostels and eat at restaurants any longer because of the contamination.

Governments want people to use money and contribute to the slavery system. They don't want people eating and sleeping for free, even though in major metropolitan areas they do

have shelters for people that need a place to sleep. It's not the solution, otherwise there wouldn't be so many people sleeping on the city streets.

I once went to one of these shelters for the first time. It was early morning and I was very sleepy. But the clerk told me that all the beds were full. They gave me a phone number to call for the closest other shelter, to see if they had a vacancy, but no one was answering the phone. I kept calling for over half an hour, but no one picked up the phone. I asked the clerk if I could sleep on the floor in the foyer, and they said no. I remember Marshall Rosenberg, who created Nonviolent Communication, also slept under overhangs in a sleeping bag because he didn't want to give his money to hotel owners to make them richer. Eventually, someone gave him a large sum of money so he could get what he needed which was a computer to work on and a car to travel and sleep in.

Also, supermarkets in many parts of the world are now restricting people to dumpster dive to collect free edible food. This is about going to dumpster bins behind most supermarkets, usually late at night after the supermarket closes, to search for food that may be still edible. They throw out so much good food or give it to farm animals. In recent years, they started to lock the bins and installed security cameras in those areas. Big businesses also don't want people eating for free, not even their employees, and from what I heard from some of the employees themselves, they don't get much discount for food the store sells. How sad this is.

I heard of people in the united states even being charged or imprisoned for handing out free food on the streets to

people. Governments don't want people eating, living, and sleeping for free. That is one of the reasons why we have so much poverty all around the world.

So why is it that we humans have to work in a job that we don't even enjoy, just to be able to eat, sleep, and have shelter, that takes us away from living our true purpose and enjoying our lives? No other animal pays to live on the Earth.

Are Humans Free?

And what about these imaginary fake lines on a map, called country borders that have police guards wearing silly fantasy costumes telling people where they can move around and where they can't, unless one is coerced, to be able to travel, they can only do so by paying the government money to get a passport and sometimes accompanied by a visa and other documents like their bank information, and only for a short period? This is kind of like what the mafia does to people. And if one tries to go over the border by themselves without the government's permission, they're considered "illegal" and they can be fined, put into prison, or deported back to "their country". This is not freedom, this is slavery. No one is from any country, we are all free sovereign human beings, just like all other wild animals are.

Then there are those of us who want to be able to just "be", and be left alone, without anyone telling us what to do, how we should live our lives, what we can say or not say, and where we can move around. We just want to be free, and, in essence, every being is free and sovereign. However, when it

comes to humans who are a part of society, it doesn't work this way. Even people who are true anarchists out of the system including native people, often get kicked off their private land and are moved into the city streets to live. No longer does anyone have any birthrights,[6] but fundamentally we are all free sovereign human beings.

If we are not able to move around the world freely without any documents, are we truly free? Because the nonhuman animals are our property and slaves, and they don't have any freedom, even the ones who we see running around in backyards, we can see we humans too have our freedoms restricted. It may seem that if we get a passport and visa we can then travel freely, but this is all an illusion to make it seem that we truly have free choice to move anywhere on Earth freely. And this is not so, otherwise, we wouldn't need to be coerced, working in a job, paying for a passport and visa, and more money and taxes for the flight just to have a two-week vacation every year.

So you see how diabolical a small group of people who run society are? They want everyone enslaved in the system to obey them, having to pay for mostly everything to live and move around from place to place. In some municipalities, though they supply some services for free, like access to libraries, welfare, and community centers, this is just a coverup to make it seem as if they are well-intentioned and a distraction from what is really going on within the system.

But I do believe that everyone, even the ones at the top who are a part of this system, is unconditional love because we all have a heart, but we're all just wounded and suppressed by

living in a violent system our whole lives. The system is set up this way so that a few dozen people at the top sit comfortably, while others struggle their entire lives away, stuck unable to get out. In some way, even financially rich people are part of the system of slavery as well and are disconnected from Nature. They don't know what else to do and are just like a mouse in a cage running on their wheel.

"There is nothing remotely immoral about not asking 'authority' permission to live wherever one wants to live, anywhere on this planet. The very idea that someone can be punished for such, is however steeped in immorality."
– From *Discovering Eden Fruitarianism An Autobiography Volume Two Awakening to The Uniqueness of Fruit* by Mango Wodzak

Isn't There a Better System out There?

I often talk about leaving society, but never mention if another type of system is better than another like communism, feudalism, or dictatorship, and if one of them can actually improve our situation here on Earth.

What all systems have in common is that ultimately they are pretty much all the same. None of them are truly any better than the other on a grand scale. The main theme amongst them all is that a large group of beings, the nonhuman animals, in animal agriculture, are bred into existence just to be used against their will for food and other purposes and treated like objects to meet human needs and

demand. And we can see that we humans too are treated similarly, in that small group of people, in a hierarchical system, rule above the working class of other humans, who don't have any true freedom and birthrights.

As long as animal agriculture and the ones who rule above us exist, slavery will still be around. There are various statistics floating around as to how many people are still in slavery in the world today with estimates ranging up to fifty million. But, in reality, everyone who is a part of society, working and earning money, is in slavery unless they're one of those multi-billionaires or hollywood celebrities, they're a nobody in society, and treated like commodities.

It's all About the Demand

Even though I often demonize society, governments, and institutions as the problems, they only exist because of the mass of humanity supporting the system. People believe that there is no other way to live in rural areas away from a society ruled by governments and/or monarchy and the laws that they put in place that everyone believes they must obey. Just like in animal agriculture or with other institutions within the system, they exist only because of human demand. So, if we stopped supporting the violence of society, the system would begin to crumble and then over time, cease to exist. And it is because of this demand that humans and other beings are still enslaved. If we simply remove ourselves from it all, the system will eventually stop working.

Continue on my friend. Gaia and Sophia, and all other

ascendant masters and angels are waiting to help guide you along your journey. Don't be afraid of the unknown, but embrace it with all your energy and love, otherwise, we all will never evolve for the better and our souls will die within us. You are a unique and magnificent free-living sovereign being, so powerful in every way. You are the one droplet of rain, but also the mighty rain in its entirety. You are powerful and wise because you essentially are God yourself, all mighty and all good, and one who has no desire to harm, but to unconditionally love.

"The essence of who we truly are is the centre of the multiverse, the Divine; all that is. ...the ego is bound to the physical form, and that physical lives, however momentaneous they are, serve a purpose to help us grow, and that all such purposes are best not squandered."
– From *Discovering Eden Fruitarianism An Autobiography Volume Two Awakening to The Uniqueness of Fruit* by Mango Wodzak

"God Eternal Within the Body." [7]
– First line of DNA of all carbon-based lifeforms. 20 year investigation discovered by Gregg Braden, author of *The Divine Matrix* and *The God Code*

Part 2

Taking Action

Through our conscience and the information that we've read thus far, we know we need to put the newfound knowledge we acquired into some tangible action and connect to the Spirit Sophia and *The New Mother Earth* Gaia. Both of these divine feminine wisdoms are about loving-kindness, caring, receptivity, intuition, intelligence, procreation, compassion, peace, joy, gratitude, appreciation, and the urge to nurture and protect.

We also have to cease the support of animal agriculture in totality and consuming anything that comes from nonhuman animals, like their dead bodies' flesh (meat), dairy products like cheese, yogurt, butter, milk, eggs, Bee's honey, and any animal ingredients in products, clothing coming from animals such as silk, leather, suede, feathers or down, and fur, animals used in entertainment and sport, for testing and experimentations, pets, hunting, fishing, etc. At every waking moment, we need to be love and give love to all other creatures. We know that ultimately love is who we are, and what is contained deep within our hearts.

When we start living in alignment with our Spirit and put that into tangible action, living differently from the people in our family, circle of friends, colleagues, and everyone else, and learning and physically embracing a whole new way of being

in the world, is not going to be an easy task to undertake. We may feel alone and they may attack or ridicule us for how we live. But, no matter the situation we're in, we need to fully embody this way of thinking, feeling, and living in our everyday lives, through deep meditation and taking the physical actions needed to reconnect to Nature who is a part of Mother Earth, getting ever closer to the Spirit. We know that in order to holistically heal[8] and live with love and compassion, we need to live differently than we have in the past and flow with these new times of changes and challenges of *The New Mother Earth*. But how do we do this? What steps and actions are we to take, to live our newfound life, and what does this look like?

Once we know and put the knowledge into action, unfortunately, we are not going to fit into society any longer. No longer will we want to support any practices that involve using and killing animals, and the rituals of society and culture. Holidays and family get-togethers will be things of the past, that we no longer want to be involved in, as they go against our values of love for all beings and the enslavement of humanity. It may be hard for us to imagine living another way of life fully away from society and our biological families, friends, and colleagues, and the ideologies, customs, and rituals of the culture, because we may love and have attachments to many of them. For some of us, it may seem impossible to never physically be with our biological families and friends and the life that we are so accustomed to.

But now that we understand the extent of the problems of society and animal agriculture, and the immense violence

within the whole system, and what we believed to be true and we've supported for decades, we don't want to be associated with any longer. We don't want to get married, we forgo religions altogether, we never register our children in society or enroll them in schools, support the pharmaceutical and medical industries, watch or listen to media news anymore, and travel with passports or visas because we are not "illegal", but rather, sovereign human beings who don't follow citizen laws, as we're not corporate numbers. This is all a fabrication of the violent society we grew up in.

If for whatever reasons and justifications we still have for traveling to other "countries", we do so by exercising our birthrights to move freely. Traveling to neighboring countries is probably easier than going on an airplane, as many native people know how to do this and what alternative routes to take. Anyway, let's forget about traveling too far away frequently, as it is more crucial to become fully self-reliant and teach others and slowly remove ourselves from the old habit of traveling outside using societal services like public transport.

Furthermore, we could not care less what people think or say about our physical appearance, and this thing called "vanity" is out of our memories and lives forever. We are unique, embracing the uniqueness of who we are. We are not a copycat of the fashion, beauty, and modeling industries. Let's embrace who we truly are, and not who people want us to be.

When talking with people, we never divulge our birth or "legal" name, but tell them our spiritual one. We abandon our old persona for the new one, no longer associating with our

past, but only if needed to teach people or maybe use the bank until we're completely self-sustainable. We don't tell people specifically where we live and keep our lives mostly private to most people unless they formally apply through our website to join us here. There will be times when we intuit the people we give more information to whom seem genuinely interested in learning about how they can live more freely. Governments don't like anarchists, people who live away from the system. We're not a corporate number or from any country, *we are a sovereign human being*. No one, not even police, military, or government personnel, has the right to search us, even with a search warrant.

Anarchism

People completely misinterpret the definition of anarchism. Governments and dictionaries define it to mean chaos and violence, but this is not correct. People think that we're not ready to become anarchists because it would lead to chaos, but again, anarchism has nothing to do with chaos, but love and peace. We understand that we don't want to be ruled over by anyone, and therefore, we also give that consideration to every other being.

It also has nothing to do with living in society, but out of it without any forms of outside government authorities ruling over us. Anarchy just means, "no rulers" or "rulerless". This does not mean that people within communities who live as anarchists, don't follow any of Nature's laws or a set of core values as we do in Peaceful Village, they do, but are not

governed by outside rulers or authorities. Anarchism is *"A way of living that rejects and lives without government rule and believes that they are undesirable, unnecessary, and unethical, and as such, living in communities throughout the world would function without any hierarchy from outside authorities."* As anarchists, we need to act responsibly, in that, if we want, sovereignty and self-governance for ourselves and humanity, we too must give that to all beings, because ultimately every being is sovereign just like humans. Even as an anarchist, in some way, we still may use municipal services like the internet, towns, or cities to get our groceries or even get land the "legal" way. But we are in a transition out of the system, so we do the best that we can in the meantime.

I remember having to deal with the police several times with Aurora, and also once by myself, and they could never do anything to us, but intimidate and push us around, as we never gave them any private information about ourselves. We never told them our names, which country we were born or raised in, our identification numbers or cards, or anything else. Because we are not from any country and are not corporate numbers, there is nothing they can do to us, but some of them try to push or grab our arms. Some put force on us so that we give in and tell them some of our private information. But we never give in, no matter how tired we are, after about 45 to 60 minutes they usually get tired and leave.

We have to stay firm, and fearless, and continue exercising our birthrights, without getting upset or angry at anyone. We love the human behind the uniform, and we understand that they're just doing this because of their job and money, and

some of them for authoritative power. We know that society and culture are the collective consciousness of humanity, and once we raise our level of consciousness getting closer to the Spirit, the system will eventually dissolve altogether.

As anarchists, people who don't obey any hierarchical authorities from governments or their laws that are made for citizens and not human beings, because we know that if we do, we are part of the slavery system.

Because we no longer want to support and be a part of the violence of society, we need to learn all about exercising our sovereignty, how to walk away from the system, and what to say when we're confronted by police.

Driving

It is possible to drive an automobile without a license or insurance papers, but we need to know what and how to say things and be confident and not in fear when we are stopped by police, otherwise, there could be negative consequences to our actions.

Government authorities impose insurance on people driving vehicles, making them believe that they actually need it, otherwise they can be in serious trouble if they hit and injure someone. When we live with responsibility and our conscience, we will always find ways to directly help the people whom we accidentally hit and injured, with love and care, instead of making the insurance industry and governments richer. We learn to drive more carefully, instead of carelessly. If we are driving for many hours and are tired,

we pull over and sleep somewhere or let another person drive. Also, when we pay for permits, licenses, and insurance, we are still putting money into the system that we know is violent and that we don't want to support. Because we are sovereign human beings and not citizens, we don't need permission from the government to freely move about the Earth, even in an automobile.

We also never drink alcohol and drive, because first, alcohol is very acidic for our bodies, and drinking too much can lead to alcohol poisoning, and we never drink that stuff in the first place, as it is also part of the violence of society and culture and leads us away from the unconditional love from our heart and Spirit. Secondly, countless people get into serious accidents from drinking alcohol and driving, and some even seriously injure and kill people.

We need to learn from others who have experiences being stopped by police and what they say to them, and from our own experiences and mistakes, so we learn from them. Sometimes, we may be tired and not want to deal with anyone in these confronting situations, like with police, or just be in fear of facing "authority", but we must continue if we are to live free, and understand that we're not just products.

But what if we're obeying the law? Then we can just give authorities our information and be on our way in a few moments. What is wrong with that*? Slavery! That is the reason. We don't want to be part of a system that is all about slavery, fear, and violence of any kind.* So if we want to be free, we disobey and exercise our birthrights when we can.

There is so much to learn and experience, and it seems

very overwhelming at times, but it's all worth it for reclaiming our freedom. The motivation for continuing to live as anarchists is our freedom. Truly we are all free beings who are meant to live out in warm tropical climates in Nature, but governments make it hard to go against the system. But I believe that once we know and continue learning from our experiences and from others who know, it gets easier over time and second Nature to us.

To live free, we need to free all other beings. The realization that we are all interconnected and not just a separate entity, and having heart values of unconditional love, we respect the freedom of all other beings. If we want freedom for ourselves, but we don't recognize the sovereignty and freedom in every being, we are not being coherent with what we want. Therefore, once we recognize and also give freedom to other beings, we realize that we are vegan, which is ultimately what *unconditional love* is. Veganism is, ***"A higher level of consciousness that values the lives of nonhuman animals to not want to use them in any way at all or to see them as property."***

Once we awaken to this spiritual and ethical connection, we see ourselves in other beings and them in us, and know that if we do anything that harms them or get someone else to do it on our behalf, we would also be harming a part of ourselves as well. We all came from the one source of Goddess Sophia. Therefore, all of creation is made from this source of love, and because so, this also motivates us not to want to use, steal from, and kill any animal, otherwise, we would also be harming a part of God.

Is God a Feminine Spirit?

Is God a feminine Spirit? How do we know if it is Goddess Sophia? To the religious adherent, it is unfathomable to realize such absurdity, especially when it comes to monotheistic religions. Within the Universe and in Nature, there are different Gods, some of them male and others female. But God is probably not human as most religious people are led to believe, but just Spirit energy. Many religious preachers would scold at this nonsense and lies! Deep down I knew for many years, that the creator was a feminine energy, and why within society, culture, and western religions, the feminine side of us is suppressed. In religious circles, especially back in those old biblical days, women's voices and powers were suppressed, at least from what we are told, and they still are, inferiorized and very discredited.

Before, when I was a teenager, I was an atheist, not believing in any God, and it seems my family was too, but then I became an agnostic questioning if there was a God, and questioning increasingly more the things of society. At some point in my earlier years, I was baptized as a Catholic just because our Godparents were very religious. At some point, we grew up and didn't need them any longer, but in our consciousness and attitudes, we were not religious one bit and did not believe in any God.

As time passed, I started to understand that not only are humans a product of evolution but also of the creation of some sort of energy. This source I call God, Cosmos, Universe, Spirit Sophia, higher consciousness, Source, etc. This creator is not a human man or probably even human, as many religions

believe, but just a divine feminine energy.

This energy is just pure raw consciousness that knows everything and is feminine because the Spirit is contained within our hearts which is pure unconditional love. Therefore, the heart is, in essence, the Universe or God herself, all love, just as each of us is love and all of the beings within the universal energy field. That is why religions, which are a part of society, demonize this idea of God being feminine or even a nonhuman animal. The idea that the Spirit Goddess is feminine or possibly even a nonhuman animal, means that animal agriculture, religions, governments, and other institutions within society, would have to embrace more of this unconditional love that is the essence of the feminine energy. Therefore, all of these institutions including the system itself, would probably cease to exist at some point if this were to happen. And that is not what is on the agenda of governments and the secret society known as *cabal*.

Taking Action Now!

The violent society and culture that we once loved, that now our hearts no longer wish to support, means that we return to Nature in tropical climates to grow all our food, especially fruiting plants and fruit trees, which takes us on a new journey and life, with our soul family and friends who live with the same values and life as us. Our motivation for living another way away from society and growing all of our food for everyone within the community is the motivation for not wanting to support babylon any longer. We love living in our

bubble here in the jungle and not supporting such violence within a system that doesn't work in harmony with our core values. While many people feel that it's not possible to become totally sufficient with our food production and say that we may still need to get some of our food from outside sources, I think it is possible over time, especially if one is growing as much fruit as possible non-monoculturally and veganically, and sharing with neighbors.

Also, we must understand during this time of transition, that there will still need to be some people who continue to work within the system of society providing food and other services to those people who are transitioning out of society. These people must be there to help us during this period, but eventually, if they also want to exercise their freedom and rights, and understand the immense violence happening in society and animal agriculture, they will also start to walk away from the system for Nature.

But surely there will be some people who personally just don't care and will still want to be a part of the system and continue supporting and obeying governments, and all institutions within, including media news and religions, and probably even still consuming the flesh and secretions of nonhuman animals.

For Christ Sakes, Get a job Already!

Many people believe that humans need to work in jobs in order to pay for rent or mortgage, water, electricity, food, and other expenses. How are we to live and pay our bills? We feel

that there is no other way to live in the world and that those of us who collect government welfare or live off the expense of others, are just plain lazy and need to work in jobs like everyone else. This is farthest from the truth.

While there may truly be some people who are just lazy and don't do much to be of service to anyone or become self-reliant away the system, but enjoy themselves at the expense of others, I'm talking about other people who are doing their best to transition out of the system while becoming self-sustainable away from the system and being of service and assistance to give back to the community. Because most anarchists were not born in a completely self-sufficient intentional community out in Nature, we have to transition away from this violent system, which does take some time, even years or sometimes decades to do so, depending on how much financial resources, assistance, and connections we have. This is because society and governments make the process very challenging for these people while in transition.

Most jobs are very exploitative and harmful to the workers and also destructive to the environment and other animals. I know because I've worked in a dozen or so jobs that are useless, harmful, and exploitative in many ways. Many, if not most jobs, are not necessary once we become vegan anarchists, like animal agriculture and the chemical and pharmaceutical industries.

To this day, I also have nightmares about working in jobs, especially in general labor positions in factories and manufacturing facilities. Both institutionalized schools and jobs take us away from our true meaning and purpose in life

and creates stress, anxiety, and diseases in many, if not, in most people.

For us still to this day after many years of transitioning, we're still relying on towns and cities for most of our food, electricity, and internet. This is because still we haven't found anyone who truly believes from the heart about supporting our community project called Peaceful Village Raw Vegan Healing Community. Because so, it is more challenging for us to make it a physical reality faster than we'd like.

But it's not an easy task, when we as humans were brought up in this violent system, and we're now just recently learning how to live self-sufficiently in Nature. This is not so easy as we relied on the system for most of our lives for amenities like food, water, electricity, and housing, and now we need to learn how to live differently, embracing nonviolent communication,[9] if we don't want to be tied to a slavery system and to reclaim our freedom and rights. We need to learn how to grow our food and become gardeners and foresters, implement our own electricity, collect our water from the Rain and Rivers, and building ecological natural homes. We know how to do some things, but there is still a lot to learn and do here. At some point, there will be other people who will join us as community members[10] who have experience in certain tasks that can be useful in the community, like being able to help others in our future healing center, installing electrical energy from many alternative sources, knowing how to filter our wastewater to reuse for watering plants and washing dishes, building with Stone, Earthen, Hempcrete, or another building techniques that don't

break down and decompose as fast and easily and doesn't need chemicals for treatment like traditional wood, building a bicycle washing machine, how to create live events through the internet and at the community promoting and sharing our way of living in an intentional community, and much more.

There is also a learning curve to being able to live in intentional communities where there can be some challenges and conflicts among people. The spiritual inner and outer healing work through meditations, prayers, gratitudes, and other practices, and learning how to speak nonviolently, is also what we must learn to implement in our lives. It is crucial to be good communicators and also good listeners too.

It is also beneficial that we not only work on our inner healing through meditation, but also combine our spiritual life with ecstatic and contact dances, especially music of deep relaxation and tranquility, ambient, classical, new age, mantras, Nature sounds, and anything atmospheric, evoking a particular emotional or aesthetic quality that can tap into our emotional feelings of love through our hearts. Drumming and other music circles with live instruments, without any other outside influences like psychedelics or other stimulants like alcohol and tobacco, can also be part of our lives. The feelings of high ecstasy without introducing any mind-altering substances, can make the experiences even more naturally enjoyable. When we do this, at volumes that are not too exceedingly loud, then the plants and nonhuman animals can also enjoy and appreciate the music and dances. It is a wonderful thing to see the plants dance and immensely enjoy the sounds that they hear. However, I, like many other people,

have experienced the opposite effect, when playing very heavy and violent music like "metal", it has more of a negative effect on the flora and fauna in the surrounding environment.

As I mentioned, it is a neverending learning and healing experience. All this learning and sharing is worth the effort, instead of being tied to a slavery system that doesn't allow for evolution, expansion, connection, and growth.

Free Electricity Anyone?

Sure! But is there such a thing as truly free electrical energy? People often talk about such things, but never say anything about what it is exactly, what type of equipment is needed, and how to install it all. If Nikola Tesla created free energy, why haven't we heard about it, and why hasn't it officially been implemented in society? Is it because we would no longer rely on big petroleum industries and governments for petroleum and electricity? Absolutely! They want people dependent on their services. Even though some national or state governments give grants and credits feeding solar and other alternative systems into the grid, they know that most people will not live completely off-grid. I do believe there could be close to free energy, but it would still require some equipment to implement. I even heard that some solar panels even include tracking devices. So now maybe we're not even safe with alternative energy like solar.

As we know, all the plants, fungi, the soil, air, running water from Rivers and Streams, and even inanimate objects contain energy. Somehow, maybe we could tap into their

energy and connect the equipment to these, and they could give us an unlimited electrical energy supply. Or maybe we could use some type of pulley system that continuously rotates. I believe there are still problems associated with this and that we may need to resolve. From my understanding, no one has implemented any systems like these, and if they have, they haven't brought them out to the masses of people yet, and we may still need some equipment to operate it to physically have plug-in electricity, and a way to store the energy for backup use.

If people think solar, wind, hydroelectric, and other alternative sources are truly free and ecologically produced, they are very mistaken. Over time, the equipment may break down and need to be repaired or the parts replaced. So the equipment and the cost of repairing and replacing parts over time, are not free, at least not yet, and all the minerals and materials that are needed to manufacture the equipment would, most likely, also require big machinery to mine from below the Earth. Then it becomes a fact, that we need to rape our Mother Earth in order to mine the materials and minerals and make the equipment and utilize the technology. This would still be ecological and ethical exploitation, which we know, we don't want to support.

So then what are we to do? What alternatives are available? If there is a way through meditation to manifest anything we want, we should be able to manifest free electrical energy too, yes? If anyone has any ideas on how to physically implement alternative plug-in energy, more ecologically, or has some siddhis to manifest physical electricity for us, please let us

know by connecting with us at Peaceful Village.[11]

It is all these things that I just previously talked about that propel us with our motivation to continue in the wild jungle, living with the "so-called" ferocious and dangerous creatures who can injure and kill us. But we're determined to do it, learning how to live amongst all the amazing biodiverse creatures of the wilderness, becoming less fearful of them over time, trusting our intuition, and deprogramming and removing societal and cultural narratives from our memories and physical lives. We're learning how to best protect Nature and teach others why we don't harm her and don't use nonhuman animals for anything like food, clothing, entertainment, in testing or experiments, for pets, in sport, hunting, fishing, and for fertilizers for growing food. We are learning how to cause less harm and do more good in the world.

When we know what we do, we cannot unknow. Society is full of horrors, violence of so much intensity, that if many of us had to commit the direct crime of killing someone, we would be traumatized for life. And it is true. Many people who kill humans in war or nonhuman animals in slaughterhouses, become traumatized, fearful, and desensitized in their lives.

It is about time that we actually do something about this knowing and knowledge, and put it into physical action. We cannot just know something and do nothing about it. That would be selfish, now that we have this newfound knowledge and understanding. We are not meant to be passive, but assertive in our way of thinking and promoting a nonviolent way of living.

We have been disconnected from Mother Earth Gaia, the naturally beautiful surroundings of Nature, and the Spirit Sophia for so long, that our hearts are finally longing to reconnect to the divine feminine wisdom of who they are and what is contained within our own hearts of pure unconditional love.

It's going to be a huge challenge to go completely against a system of immense suffering and violence, one that virtually everyone is a part of. Imagine the huge numbers and masses of unawakened people, megacorporations, and governments of incredible power and size. But now that in our consciousness and hearts, we know that we cannot just do nothing and live our lives causing so much harm to others. We understand that we must take courage, doing something about it taking the next steps necessary to continue on this journey of awakening and love. The choice is ours, and one that is ethically and spiritually embedded in our souls. We have to do something to make this world better for everyone and to plant seeds of reawakening in people. We cannot sit still now that we know, because it wouldn't be the right thing to do.

Even if we believe we are old and it's too late for us to do anything, it is not. We are all ageless and have many more years left in this lifetime. But if we implement most, or all of these ideas within this book, we can live a longer and healthier life with more meaning and purpose.

In time, we'll learn how to communicate compassionately using nonviolent communication in our everyday lives. We'll connect deeply with plants and Nature, and see that we're not solely separate, but ultimately, the same. We'll see free-

roaming wild animals as sacred beings and friends, not as inanimate production units using them for our own needs.

Now how do I propose that we live and get to this way of being? If one knows why we need to take action to leave society altogether to live in tropical warm climates in Nature and become vegan, but still feel stuck and depressed living in towns or cities, what may motivate us to heal our depression and finally move to Nature, is another spiritual awakening to getting ever closer to the Spirit through meditation. It is not just any type of meditation, but two in particular, *visualization meditation* (also called *envisioning meditation*), where we visualize ourselves already in a place where we want to be in the warm tropical Earth paradise in our intentional community with our soul family becoming self-sufficient, and the second meditation is when we connect to the heart-mind experience, deeply feeling in our heart: love, compassion, peace, joy, appreciation, and gratitude. In conjunction with this, we put our hand or hands, in whatever position feels better for us, on our hearts.

We don't necessarily need to know how, as in, "How are we going to achieve this?", but just do whatever is necessary to get closer to our dream life and not make any excuses why not, while doing these two aforementioned meditations several times daily, at least for a total of an hour in length. It's about what makes our hearts sing, and where we find our greatest joys in life. It means that we go to a place where there is an abundance of freshwater sources to swim and drink from, either in an already existing intentional community or one that we may need to create.

Just like the community we're building called Peaceful Village Raw Vegan Healing Community, our mission and vision statements are as follows.

Mission

An intentional community where we all live life to the fullest guided by our hearts, natural laws, and a set of core values and birthrights, holistically healing and growing spiritually as a soul family. Coexisting in harmony with nonhuman animals and the natural surroundings, we exercise sovereignty and independence, living off-grid, growing our food veganically, obtaining water from the rain, rivers, and streams, building ecologically and sustainably, and having alternative electrical energy sources. As a soul family, we learn from one another and Nature, and through observation, helping and sharing, and enjoying beautiful and memorable moments together.

Vision

A way of living where human beings together in communion with each other, free-roaming animals, and Mother Nature, experiences unconditional love, optimal health, bliss, freedom, and abundance, which are our natural states of being. We envision a network of communities, where people are barefoot and naked, as a joyful soul family and Eden Fruitarians.[12] *Simple living is here, immersing ourselves in the beauty and abundance of Nature while embracing the uniqueness and existence of everyone through our experiences and interactions with them.*

So as I mentioned, it is possible to live our mission and arrive at the vision, once we spiritually awaken and propel ourselves into action. The meditations will help guide us to where we want to go and give us the abundance of everything we need. But we also need to be thinking and deeply feeling, which equates to our beliefs, positively instead of negatively, so that we can actually manifest what we want and live the life that we dream of. Once we start living nonviolently as a vegan, and start doing as much good in the world, supporting increasingly less, society and governments, we begin to experience miracles manifesting in our lives.

Nonreligious Prayers

Prayers also work tremendously in my life. What I do is connect to the heart-brain harmony, but instead of deeply feeling love, compassion, peace, joy, appreciation, and gratitude, I ask for what I want so deeply until I start crying and pouring out my emotions and feelings. This truly has to be accomplished with so much feeling and meaning, as if the prayer has already come true. So we're asking the Universe for something to manifest, but also at the same time, we understand that the prayer has already been manifested and received. The Law of Attraction says, that we just have to envision something, whatever we want, in the present moment and deeply feel that we already have it. However, this still does not make total sense to me, as what we want to manifest, is still not physically here in the present moment. So to see and acknowledge that something is physically here

when it isn't is tough for me to wrap my head around. But the Natural Laws and the Universe always operate in the present tense. Therefore, this is still what I need to understand.

"Be surrounded by your desire.
Be surrounded by your joy, so it can be fulfilled." [13]
– Jesus

Saying this prayer in this profound way does work for me to manifest what I want, but it must be what we want to manifest that brings peace and love on Earth, not to cause more harm to anyone. And thus, we become simple people, minimalists, consuming less over time, while striving to fully embrace self-sustainability. We also eat more simple meals, with lots of raw fresh and ripe fruit, freshly squeezed slow juices, and some veggies, eliminating all oils and salts for internal consumption.

We remember, that we must be the change we want to see in the world, and not anything less. So if we want to live in peace, we have to become peaceful ourselves, and if we want to live with love, we need to become that love and live it deeply at every moment of our lives.

Action can be described as *"Something done often, so as to accomplish a purpose."* As I explained, we need to take all the actions mentioned throughout this book, otherwise, we will have lived this lifetime superficially and without meaning and positive contribution. It is also selfish to just live for ourselves, our children, and grandchildren, and not to positively contribute to it, helping in some way the interconnected

woven fabric of life. Doing the necessary work and taking the steps needed that are outlined in *The New Mother Earth*, are the keys that will unlock many potentials and doorways of opportunities for us.

Taking action is like a slow manifestation. It is about doing what is necessary after we have gained the knowledge and understanding and start to awaken and live with new meaning and purpose.

Still Making Excuses

Some of us may have pets, or grandchildren, or are in situations as a caregiver to someone in their family and believe they are responsible for their well-being and that this is their purpose in life, while probably even feeding them non-vegan meals. What these people don't realize is that while they continue to live in towns and cities as a part of society, and suffer the effects of the violence in these places, they're also contributing to the violence and continuing to be part of the problem.

They make many excuses why they cannot live free in warm tropical climates growing all their own food. They think rationally, *"How am I going to just leave my current life, to live out in Nature? I don't know anyone who lives in these kinds of places, nor do I have the financial means to move away from here."* They limit themselves and have a negative mindset, *"I can't do this/that..."*, *"How can I do this?"*, or *"How is this possible?"*, instead of implementing the meditations into their lives and the realization that it is urgent to somehow figure

ways how we can achieve this, and that it is possible to do. And just like all the other poor-minded people with very low energy frequencies, they don't follow their heart values of unconditional love but instead are stuck in their dull routines being people pleasers.

Then there are those people who truly have the desire to move to the tropics and get out of the system, but somehow during the transition, they feel stuck as to how to continue, especially when it comes to their financial situation. I mention in my book, *Creating a Beautiful World*,[14] that there are ways to go about earning income while we're in the transition stage until we get to full self-sufficiency.

As Gregg Braden points out, it's not necessarily about how we can achieve a world of peace, but it is key to do the inner work through the heart-brain harmony of love, compassion, appreciation, and gratitude, breathing deeply in and out through the nose for a minimum of five seconds each for the inhalation and the exhalation. This in itself will raise the vibration for more peace to manifest throughout the world and for our lives to improve. I would even add two more words to that meditation mantra, peace and joy as buddhists do in *The Four Viharas*.[15] *The Four Viharas* is a buddhist meditation on love, compassion, peace, and joy. This meditation is not only accomplished while being still with closed eyes but it is fully embodied in every moment of our lives.

Also as mentioned, we put our hand or hands on our hearts while doing this. This can be palms directly facing the heart or in a namaste, which in yoga, is the pose usually with

the flat hands held palms together, fingers up, in front of the heart.

However, we still need to know how we can earn income to support ourselves while we are transitioning. Oftentimes, I have solely focused on manifestation through visualization meditations to manifest whatever it is I desire. The key concepts of this meditation are just to completely relax, and breathe deeply while envisioning whatever we want to manifest, deeply feeling as if we already have it.

When people begin the visualization meditation through the heart-brain harmony technique as explained, we will see that abundance will start coming to us. At first, even for the first few years, while there may not be so much arriving to us, there will be some. Another factor that is necessary as I said, is to be positive about the outcome, and never doubt that it will ever happen, even if it may take a long time to manifest. Sometimes the manifestations do take a very long time to appear, and often at the very last moment, so we need to be patient. Patience and positivity are crucial.

I have heard of a few people who have spent some long periods of time doing excellent work becoming self-sufficient in warm tropical places, but somehow end up back in their "ex -country" having to start again, maybe doing this frequently, working overseas and then later returning to the warm destination. This is because they are not doing the inner work of manifestation and visualization of what they want their lives to be like. Rather, they hold onto the old way of thinking and being in terms of needing to earn money when their savings run out, so the only solution is to go back to a job for a

period of time. This is a poor mindset mentality. We need to think rich and do the inner work to get where we want to be.

Many of these people are not anarchists, so they still obey government laws thinking that that's the only way they know how to live. *"How am I going to travel for work or see my family?"*

Though Aurora and I are doing our best as free sovereign human beings, we don't have all the answers yet and are not completely self-reliant or millionaires. We still have some struggles and conflicts in life, but one thing holds true; the more we meditate, pray, and say our gratitudes multiple times daily, the more abundance, love, and protection return to us. We just need to continue trusting the Universe and doing the inner and outer work for the abundant flow to keep coming towards us.

The Internet is Our Refuge

It is also a good idea to see what kind of work we could do online via the internet, and therefore, not need to work in a traditional job to earn a living, but rather, we can earn money from anywhere we can connect to high-speed internet. We can connect our online business or job to vegan anarchism, or at least promote it occasionally.

In this time on the new Earth, especially now that people are connecting throughout the world via the internet, I believe this technology is very beneficial for us. Yes, there may be some drawbacks to it, but ultimately as vegan anarchists, we can share all the information of our newfound lives to the

masses of people. Also, we can find and learn a lot of good truthful information, though we need to filter what we believe to be false from truth, that's not always easy. The internet is the only refuge we have as vegan anarchists, to communicate with each other.

It is always better to connect to the internet with ethernet cables instead of being exposed to all the wifi radiation. Radiation is by far probably one of the reasons why many people, including vegans and raw vegans, are still not holistically healthy and are failing in their vision or physical strength. There are always ways to go about doing this and we need to figure out how to do this for our particular electronic devices and situation.

Another thing that I find that brings an abundance of food, money, or material goods that we need, is to donate those same things to people. We don't have to pay for people's entire groceries or give them all of our money, but we can if we feel the urge to do so and have the budget. We do whatever we can for people in our own little ways with what money, food, talents, or services we can offer them.

In these times of extremes in society and throughout the world, we know that we no longer can be dependent on outside systems like society and authorities like governments, because then we give our power away to them, instead of harvesting it for ourselves and doing good in the world.

It took me four years from the time I decided to create an intentional community to the time I lived in the tropics. Still, though, periodically I went back to work and visited my family, and after another four years, Aurora and I finally got land to

build Peaceful Village. We never left this place ever since, except for the periodic time for short-distance travels and to get food and other supplies.

Experiencing Miracles

Do you believe in miracles? Yes, we do. That is how we got our land, and how you can too! It is also possible to join an existing intentional community that follows your values. Miracles can manifest when we frequently meditate and are more positive and grateful. Heaven on Earth is here when we want to experience it. Anything is possible, when we set our minds, hearts, and intentions, and go for what we want.

However, there may be times during our transition when municipal services are down, and we have limited to no access to food, electricity, or internet in towns and cities. We can become frustrated and discouraged only with the ability to think rationally at these times, *"What do we do without these amenities and how will we eat?"* Because we are not producing all of our food, electricity, and internet on our land, it may be the case that we need to think differently than we have in the past, besides the rational thinking, *"What can we do?"*. In the beginning stages, we may not have many resources or connections, and we feel stuck again. Sometimes, this is the Universe just testing us, how calm and peaceful we are, and how we can proceed on our journey and mission during these times.

During rough times, we need to persevere and continue meditating, putting all our feelings into it. Sometimes the

miracles just happen without us even doing a lot of the work. Is it luck?

Eventually, we realize that to manifest what we need to continue on our spiritual journey, we must do whatever is necessary to continue evolving. No matter how stuck we feel, we must continue walking ahead.

Creating and Living in Intentional Communities

So once we somehow get our land in warm tropical climates in Nature, now it's time to start planting our food, planning, and getting some facilities implemented. We particularly live in an altitude about 400 to 450 m above sea level, where it is sunny most year-round, but where it also rains frequently, especially during the wetter part of the year.

Building Constructions

The first thing we need is some type of building where we live and a way to catch rainwater. Here at Peaceful Village, by no means are we experts at creating communities and how to build and install the infrastructures, we're just learning along the way. But so far we can give some ideas and tips on how to go about this.

From my knowledge and experiences, ultimately the best type of building one can construct is one from Stone or Hempcrete, and probably the roof from Palm, Hay, Straw, or Clay. The water catchment that collects rainwater is done by connecting gutters to the roof to a large barrel. The gutters and

pipes/tubes that are connected to the barrel, are usually made from some type of metal or sometimes even plastic, and the barrels are usually made of plastic, or even some from Bamboo with metal straps for holding in the water pressure. Then, one needs some type of screen or filter to remove large debris, such as leaves and branches. It also depends on what materials and products are available where one lives, it may not be possible to get the most ecological, safe, and longest-lasting materials. In our community, in time, we'll have more knowledge and experience with building the infrastructures, including alternative electricity and ways of getting internet, and when we do, we'll periodically update this book to reflect that.

Food, Forestry, and Gardens

Occasionally in my younger years as a child living in a suburban area in a temperate climate zone, I would help my mom in the garden tending to the plants and trees. I did yard work like raking leaves, cutting grass, and some landscaping. I didn't have much experience, but I was exposed to gardening, landscaping, and building maintenance in my early years during summers. As time went on, I learned about gardening and forestry at irregular intervals in my life, though it wasn't until moving to the tropics that I became more immersed in it. After several years on our land, frequently planting, weeding, chopping, composting, mulching, and more, and reading several books about the topic, now as a forester, I'm gaining the knowledge and experience to start to be able to share the

information with people.

The Truth of the Matter

What is truth? It seems that the more we know about ourselves, live more spiritually, arrive closer to the Spirit, and reconnect to the divine feminine, the more we live with the values of truth. People believe that there is no real truth, but that people have different perspectives of what they believe to be truth. Truly, though, there is only one truth that ultimately comes from the Spirit, the Universal energy field. Truth can be interpreted in many ways to mean: Spirit, higher consciousness, Universal or Cosmic knowledge, unconditional love, and others. Ultimately, as we get closer to the Spirit, the essence of who we are and every being is, we start to understand more what are the truths of how everything operates within the Universe. In the material physical existence of forms, in the third dimension, and possibly even in other dimensions, the natural laws apply as the truths. But many people misinterpret them, because they are somewhat vague, and written in our human language and understanding, and throughout our human existence here, there have probably been manipulations of these teachings. Some say there are seven of these truths, but others say there are eight, while even twelve or more exist. However, the Earth does not work with human language or our understandings, but differently.

But one thing stands true for the Spirit, there is ultimately only one natural or universal law, and that is *unconditional*

love. As we know, the Spirit is unconditional love, and the opposite is fear. And if we support any action that is fear-based, we are going away from this one truth. Because our hearts are that of the unconditional love of the Spirit Sophia, we have the knowledge and truth of everything, but we have forgotten or lost much of this wisdom, again, because of the suppression of the feminine Sophia and Gaia through living in society in towns and cities. Now we have to resurrect and connect to the divine truths of those Spirits. This is accomplished by doing the meditations previously described, living mindfully, and implementing all the ideas and values from this book into our lives.

So it too seems that humans had the expertise and truths in growing all our own food and working in forests, at least for the last 10,000 or 15,000 years. We are geared and made for the wilderness, just like every being's Nature is to live out in forests. Though, through time, there may be new understandings and knowledge on planting and maintaining a food forest, there are key principles that hold true to this day. All that I am writing here is from my years of knowledge and experience growing food, but by no means is it complete as there may be other ways to plant and grow food that may be more optimal or practical for other areas of the world.

The first thing to acknowledge is that it is impossible to create or have the perfect permaculture or soil setting. Soil is not always the most fertile and sometimes it may be very poor draining or too quick draining. There may be so many weeds strangling or growing too close to other plants.

Nowadays because we're losing so much forests and

topsoil at an alarming rate, especially due to animal agriculture and monocultures, the soil deteriorates if there are little to no trees on the land, therefore, we must plant mostly native and fruit trees that grow in our area and climate.

Why plant fruit trees? Trees help with soil erosion and to fertilize and rejuvenate the soil, especially leguminous trees like Inga's, and other types of climbing and vining Beans. Trees play such an important role on Earth, and without them, no one would exist. This is especially true when it comes to fruit trees. When we eat a fruit, specifically ones that contain seeds, we disperse the seed(s) back to Nature that has the potential to sprout and eventually grow into a tree or other fruiting plant. Then the cycle continues when we plant another seed, the fruit just falls to the ground, or nonhuman animals disperse the seeds through their excrement or throw the seed back to Nature, so the plants can continue their life-cycle. There is little if no harm involved in this, especially when we add compost scraps and our own excrement and urine, recycling everything back into the soil, creating the true ecological circle of life, and making the fruits and other edible food better for everyone. These things are used instead of implementing manure, bloodmeal, bonemeal, feathermeal, fishmeal, eggshells, and other inputs from domesticated nonhuman animals. If a wild bird or other animal poops or pees in the soil, that is fine because they are not domesticated like farm animals are, and it helps fertilize the soil. Also, we don't domesticate any animal and don't see anyone as things to use, even if they are just freely roaming around. Domesticated animals like Chickens, Turkeys, Ducks, Pigs, and others, often

damage young plants and remove much of the topsoil. As we mentioned in many sections of this book, we do not use animals or whatever comes from them in totality, it just doesn't make much sense to do so ethically or environmentally.

So now what are the actual physical principles in creating food forests? There have been many books on the topic of gardening and forestry, and by no means is this book meant to be an exhaustive read on this subject as this is not the main purpose of the book. I'm just going to give some pointers and tips for people to get started.

One can grow more food in an area, by adding around the trunk of plants, organic compost scrapes from plants, using our humanure and urine made into humus, which is fully decomposed compost as soil, and mulch with all sorts of branches, twigs, leaves, and broken down wood, especially from leguminous plants. How exactly is this done? There are many ways to do this, but usually what people do is they put their organic food scraps in a large compost bin, usually about 1 m (width) x 1 m (length) x 1 m (height) in size and fill it up with mostly compost scraps, but also with their excrement, urine, and brown and green mulch like leaves, decomposed wood from fallen trees, sawdust, and adding some water from time to time. According to many sources, the composure of the compost has to be about fifty percent moisture. I have experimented with building and using these compost bins and I find it doesn't work that well for me here in the hot and humid tropical climate, rather, I like to just dig a hole, commonly around 60 cm diameter by 60 cm depth for many, if not, most plants, with some plants like Coconut and Mangoes,

for example, needing larger holes, and in the hole we also add in sand, silt, and clay for an even mixture of soil in between the compost and mulch in layers. But it also depends on what type of soil the specific plant needs, so we need to know that. Once we have completed filling the hole, we wait about one month or longer until the compost turns into humus or near enough. The compost may settle down at this time, so we may need to add more compost, topsoil, mulch, etc., on top. Once the hole is ready for the plant, dig a small hole carefully putting the plant in and the compost and mulch under the plant. The first leaves at the bottom of the plant should be a small distance away from the top of the mulch so the mulch is not touching any of the leaves. One may need to take off some of the bottom leaves or branches in order to put the plant into the ground. If one wants to create a compost, I would create several smaller ones probably half the size of 50 cm in width, length, and height, instead of 1 m.

Also, we need to know the characteristics of where the plant likes to be in the ground if in a Sunny, partially Sunny, or shady area, the soil conditions that they require if more sand, silt, or clay, and the spacing or spread requirements for each plant so that they're not grown too close or too far away from other plants. If plants are grown too close to each other, then their roots and branches don't have enough space to spread and the plants and fruits are much smaller and inferior in quality, and can be eaten by animals. Some plants are so resilient that they can grow in almost any condition, and some even without compost. But of course using compost, even fresh compost, right around the base of the plant, not touching the

trunk, branches, or leaves, is always beneficial for the soil and the plant, giving more nutrients, elements, fertility, and life vitality. Don't forget to always cover the compost with topsoil or ready-made humus compost soil and/or mulch. *It is best not to use soil or compost from stores or other people's land unless they are vegan and know what they are doing. Many store-bought soils or neighboring lands use manure from animals mixed with poor-quality soil, and we don't want to support animal use and exploitation, also it usually smells so awful.* The mulch can be brown decomposed and/or fresh leaves, especially those of leguminous plants like Inga's, decomposed soil from fallen wood, sawdust, wood ashes, and small twigs.

If we have a plant that is dying and the leaves are extensively eaten by animals or they are turning to a yellow or brown color, we add more compost and mulch to the top of the soil around the trunk of the plant and add more water or less water, depending on the plant and our specific situation. We should observe and experiment, with what works best for certain plants.

Watering plants is best done early morning or late evening, but if it is too severely hot and humid, it should be done several times daily, especially if it is not raining frequently. If the plant continues to die, replant another one in the spot. When we transplant plants, some are very delicate and need their complete roots intact. So even if we cut a bit of their roots, they can completely die when transplanted. When a seed is planted or a plant is transplanted directly in a Sunny area, usually a shade cloth is needed as most plants need shade for some time before being introduced to the full sun, or we can

acclimatize plants before transplanting. This again varies from plant to plant, as each plant is unique in their needings of climate, Sun, soil, and watering conditions.

What About Pruning?

What do I think of pruning and do I prune plants? I do pull out undesirable plants, like parasitic weeds including all Grasses except for certain ones like Lemongrass, Sugar Cane, and some types of non-aggressive clumping Bamboo can be okay to plant. I do prune at times, but not aggressively like some people do. I do however prune extensively Inga's, Flemingia Macrophilia, and other Leguminous plants, and put them back into the holes and on top, around, as mulch.

Planting

I find that the best way to plant is to swallow small seeds and excrete them out in Nature where we want to plant them and cover them with soil and/or mulch, or just throw the seeds of the fruits around, especially bigger seeds that we can't swallow. These almost often guarantee that the seeds germinate, but for some reason, it doesn't for me when I want to plant in a specific hole. So I usually don't use this method. I usually start seeds in plant pots or large containers that I find for free on the ground in town, though I feel that this is like putting beings in prison. Oftentimes, this has a higher germination rate compared to planting directly in the soil, in a ready-made hole that I've made with compost and mulch. However, some plants

are very susceptible to dying when they are transplanted. So just experiment with what works best for your particular situation and climate. We make sure that we don't plant plants too small or large as they may not survive the transplanting. If we don't initially plant the plants in containers on tables that have holes in them so that the roots don't go directly into the Earth, but in the pots and sometimes in the air, so that way when we plant them they have their whole roots intact when transplanted. Otherwise, we have to remember to completely remove their roots, because if any of their roots are damaged, some plants could potentially die when transplanted. Some plants are more delicate than others, and so this comes from time and experience working with plants. There are exceptions to the rule with certain plants, some needing to be transplanted right away, while some take a long time to grow before they can be put permanently into the ground. Tagua or Vegetable Ivory usually takes about a year before it geminates above the ground, so we must be patient until the seeds start germinating, while some are very fast at sprouting, taking even just a few days to pop up, like Luffa for example.

People have asked me, what do I think about planting cuttings (aka cloning) or grafting cuttings onto compatible trees? With some fruiting plants that do not contain seeds, like Breadfruit (Artocarpus Altilis) or Babaco (Vasconcellea × Heilbornii) for example, it is necessary to plant them from cuttings, even though I find that planting from cuttings can speed up the process from the time we plant until the tree bears fruit and it keeps the trees relatively small, planting from seed is a more natural way of growing food, makes the

tree stronger, and less susceptible to diseases. Bananas and Plantains are propagated differently. Their children are planted in other places about 2 to 3 m spacing from other plants. The suckers must be about a meter or meter and a half in height from the ground up and are taken and planted in a spot about 90 cm to 1 m deep, compacting the soil very hard, as these plants are susceptible to coming out of the ground when they grow taller and heavier with the rack of Bananas. I usually don't make finished compost humus holes for these plants, but I add compost on top of the soil just around the base of the Banana or Plantain plant with a lot of soil and/or mulch added on top.

Anytime I see any plant leaves being eaten or in bad condition, I will add compost and mulch on top of the Earth around the base of the plant, and also sometimes my urine, instead of using other natural methods like a spray from Tobacco or Hot Pepper, because then you have to keep reapplying it every so often, much more frequently than if you were to put compost and mulch, and it provides a lot more nutrients or Earth elements. Sometimes I need to reapply a second or third layer of compost and mulch after several weeks of the first and second application. The reason I don't usually cover the compost with soil, but just mulch, is because I often don't have good ready-made humus soil to use.

Once we start our food forest and maintenance, we are excited to see the plants and trees around, and their evolution and lives. We water them when needed, give them occasionally our urine as fertilizer, and more compost and mulch as needed, talk to them and tell them stories, and even

sing and play music for them. It seems that plants and even nonhuman animals love people to talk and sing to them. Once we connect evermore to other beings, at some point we may even be able to communicate with them. Plants are supposedly the most intelligent life form on Earth next to mycelium and fungi.

Weeding

One thing that we may need to continuously do in our food forest is pull out weeds. Weeds are any plant that is undesirable, winding around other fruit plants or becoming invasive. Most Grasses are weeds, invasive, and unnecessary, except again for Sugarcane, some types of clumping Bamboo, and Lemongrass, and maybe some others which I have not noted. The Grass that we see in a front or back lawn is weeds, but Dandelions are good food to juice or put in a salad.

Weeds are sometimes hard to contend with as they can grow out of hand. The idea is to shade them out to kill them, but in the meantime, until we have a full-grown food forest, we pull out the undesirable weeds, plant a cover crop like Pinto Peanut (Arachis Pintoi), and add a lot of mulch on top of the ground to suppress the weeds. From my experience, adding a lot of mulch like leaves, branches, and wood is probably the single most important thing that the soil and plants need.

One will hardly find any weeds growing in a full-grown forest, as there is not too much Sunlight penetrating the ground and no naked soil around, as the entire forest floor is

always covered with some mulch, especially decomposing leaves, branches, and logs.

When we live in harmony with all lives and grow the plants veganically [veganic is a word that utilizes vegan and organic] without anything coming from domesticated animals, as previously mentioned, like manure, and so forth, we will start to see so much abundance. But we must be patient as it often takes years until we start seeing a substantial yield of fruits, while still maintaining our food forest until it becomes mature and needs less care over time.

The plants and the wild animals are incredibly spiritual and wise, and we humans can learn from them. So now go out naked to Nature and play in the forest getting your hands and feet dirty. It's so much fun and enjoyable, especially after seeing the evolutionary growth of the plants and when they start bearing fruits.

Continuing Our Life in Nature

We create natural building constructions and other facilities, bathe and swim in rivers and shower in waterfalls, drink from the pristine rain, cycle, walk and hike the beautiful mountains, partake in special and memorable events and celebrations, eat the most delicious mouthwatering raw food, and do inner spiritual work through yoga, qigong (pronounced chi-gong), taichi, contact and ecstatic dances, and so much more!

As we go through life in the intentional community, we learn and experience, having commonality and connection

with our soul family, and also share our way of living with others who come to the community and those elsewhere, through the internet. Our life is about our exciting and joyful experiences, but also being of service to others, which gives us so much joy and pleasure.

In the times of extremes in society, within the community, we are slowly transitioning out of the madness of towns and cities, and living more free with our clan. This means that we become more healthy, vibrant, loving, and caring towards all members of our Earth family. It is because of *The New Mother Earth* and Sophia that we can appreciate this incredible life, with the beautiful beings who accompany us on our journey.

We are a unique and beautiful spiritual individual, along with the uniqueness and collective spirituality of the entire community. There is no energetical or spiritual separation between us and any other being. The being who we are is just the Spirit herself. Our Mother is us, we are the same, interconnected in every way. We value, appreciate, and are grateful for our uniqueness and interrelatedness with the entire Cosmos.

We can deeply feel and experience our uniqueness, but also the interconnectedness the more time we spend within the community with our soul family. The plants, fungi, humans, and other animals, enjoy us around them, and we enjoy their company as well. At some point, we may live tantricly and perform dozens of siddhis like telepathy. We don't know at what point on our journeys we will experience miracles and magic like levitating and even flying to other physical destinations without having to use airplanes or

technology. The world of our inner landscape, and the connection within our soul family community, will be our technology and power. Our energy forces will be so powerful that they will transform out of our community and beyond to everyone within society. When this happens, there will be a big shift in the collective consciousness on Earth. There will be many who will perish suffering tremendously with negative karma (karma means "action"), reincarnating to another life on Earth, or getting trapped in the void, while there will be others who continue thriving and enjoying their experiences here or will take their journey to their next life (when they feel they are ready to go), somewhere to a magical place.

Within the early days of the formation and operation of the intentional community, there may be conflicts and challenges that arise to test how we can deal in these times within our community and throughout the world. Are we strong and courageous enough, to do the inner and outer work to holistically heal ourselves, individually and collectively, with the ability to overcome a lot of difficulties and challenges, or are these conflicts and challenges too much for us to handle? This is why I feel it is so important to do a lot of the inner spiritual work, individually and collectively, with the other community members, to strengthen the power and bond between the other people who we live with so that we're able to handle virtually any situation and to thrive in these upcoming desperate times on Earth.

When we unify as a community, forgoing our differences, learning how to compassionately communicate with one another, and using many different spiritual techniques and

therapies to holistically heal, and live more in cooperation, harmony, and love with each other, we will be affected less by outside influences of society and other people. So if the big war should happen, we're not as affected as other people are, as we will be more at peace and with love for each other, as well as thriving with a lot of our own grown veganic food, and possibly also sharing with neighbors as well.

Part 3

Sharing the Love

Now that we have put our knowledge and experiences into physically tangible actions and are living with love, it is time to share the love with as many people as we can. Once we begin to realize how important this is, then it becomes urgent to do whatever we can to be the solution instead of the problem, and then increasingly less we partake in any frivolous activities that move us away from our purpose, and getting closer to the Spirit Sophia, and with the evolution of *The New Mother Earth*.

This can be done in many ways while keeping our lives and communities more private. Why private, when we want to promote our way of living? As vegan anarchists, there may be many people who are jealous and don't like people eating, sleeping, and living for free, and no matter what we tell them, they believe that everyone needs to be "legally" a part of society. They believe that people need to register their children in society and put them into schools. I even heard of people reporting their neighbors to the authorities who don't enroll their children in schools. Many of them feel that everyone must be just like them and suffer and work hard in a job and pay to live on Earth. It seems from what we heard, that there are government agents who sometimes sabotage communities and take them down. Therefore, we don't promote our

community to everyone, even though ultimately we want as many people to live the way we do and live with love in utopia.

Why no one Ever Talks About These Issues?

Documentaries, conservation groups, governments, and many influential people within the new age and spiritual communities, never mention the main problems of our time, as that would shift the entire collective consciousness of humanity, to a more nonviolent one, where many of the practices and rituals of society and culture would cease to exist. And, therefore, the violence would diminish tremendously and there would also be less power in government and authorities and megacorporations, and more power in us humans to help one another, instead of competing selfishly.

Many influential people have an agenda or don't want to alienate their followers, so they just stay quiet and avoid the issues that are really at hand. They still feel that they want to be a part of society and that humans can't live nomadically and primitively in Nature like our ancestors once did and are still heavily indoctrinated by the program of society. It is also because they are so addicted to society's distractions and municipal services that governments provide, even though they somewhat know the negative implications of doing so and the corruptedness of governments and society. Still, they never promote veganism and complete self-sustainability living in warm tropical climates, growing all of their food. It seems that not many people are keen to challenge the system because

they are living in fear, not wanting to expose themselves and being vulnerable and potentially killed by the government or big mafia businesses. This is why we started this project and concept called Peaceful Village Raw Vegan Healing Community. We're seeking more people to join us to live and exercise our birthrights, protect Nature, become self-sustainable, and share this message with others. We know that no one can do anything to us when we're just promoting love as our way of living, and the Universe protecting us. Trust, believe, and continue on. The more of us there is, the more power and love there is. Love conquers fear and violence, even though it takes time to do so.

Continuing Being Infants

Many people continue to believe that someone or a group of people will save humanity and create a better society, and that slowly it is already happening. They are just waiting for a savior and they are going to create a better society for us and put the "bad guys" in prison. No matter how we improve society and the laws within, since the very beginning of their inception, both society and animal agriculture, around 10,000 years ago, have never made big positive impacts on humanity, and have never created heaven on Earth. We are living in times of more physical, mental, emotional, and spiritual slavery, and more disease and sickness than ever in the past.

If we still believe that we can create a world of love continuing to live the same way we have in the past, supporting the mass atrocities of animal agriculture and

obeying in higher authorities, we are very mistaken. People don't realize, that no matter how society is reformed, society in itself, was, is, and always will be, a system of slavery and violence, especially if we continue to view nonhuman animals as products and food and are controlled by a hierarchical system by governments. We must eliminate all forms of violence if we want to live in a world of love. Violence and love cannot dwell together in the same place. They absolutely cannot.

And thus, we act like babies waiting for big daddy to come to our rescue. We even continue drinking milk like infants too, after weaning. When will we ever grow up and work together as a human family instead of against each other? Whatever happened to those days when we used to share and be of assistance and service to one another, instead of fighting, competing, judging each other, and so on?

Sharing is Love

Everyone has their own ideas of how they go about sharing the message. Here in the community, we're just scratching the surface of the knowledge of this, as we've been doing this just for a few years now, so by no means are we experts yet.

Promoting the way we live as vegan anarchists, which is also called veganarchist or veganarchism (noun), is best done mainly through the internet, as it is possible to reach the greatest number of people. As we do here, at Peaceful Village we use video-sharing sites, social media, our website, and various volunteering sites, to go about doing this. Once people

contact us formally through our website or volunteer sites, we share more private information with them through private and secure emails like protonmail,[16] for example. In the near future, we would like to create and partake in more online lives events.

Because there's so much suffering and violence in society and throughout the world, we feel propelled and motivated to just come out and tell as many people as we can how it is, that ultimately, we need to leave society altogether while becoming vegan and self-sustainable in warmer climates around the world, as we continuously emphasize, despite the potential negative consequences of doing so. We may be more exposed or vulnerable while doing so, but this important information needs to get out to the masses of people because we know that in our hearts, which is pure unconditional love, and from the ideas presented throughout this book, we can't stay silent. Our voices must be heard, we must be loud, and promote this to all of humanity. So it is important for us to put all of what we have learned throughout this book into tangible action, and to share our knowledge and experiences with others. Once we live in alignment with our core values, and with our hearts filled with unconditional love for everyone, then we feel the urgency and love to share the way we live with other people. This allows us to continue on our path to making this world better for everyone, and we feel good in doing so, and this good translates to a more fulfilled life, meaning, and purpose.

The act of sharing in itself, without expecting anything in return, makes us feel immensely good and brings more love into our hearts and an abundance of money, food, material

items, gifts, and talents, into our lives. When we freely give to the service of others, and live with an abundant mentality, instead of being in scarcity, the abundance will continue to flow towards us. Even if, at times we may physically lack something like food or money, truly our Spirit can never be in famine. We are all powerful, infinite, eternal, and invincible, who can overcome any challenges and conflicts in life. No one and nothing can harm us when we implement the values and principles within this book.

Living With Less

There are differences in the way poor and rich-minded people think and live. The poor mindset person only thinks, feels, and lives in scarcity, but the rich person always knows that they have the abundance of everything they need, even when times may get tough for them. The two groups of people have very different outlooks and perspectives in life, where one group is poor and will always be, and the other group is rich and has all that they need.

Becoming a minimalist, not having many material possessions, actually frees us more, especially if doing so is for more spiritual awareness and awakening. Even though, some people may think that someone who is a minimalist and getting rid of many of their possessions is in lack, it is only because they think that people need to have many material possessions in order to live a good life. If someone is a backpacker and only has a small backpack with their clothes and other necessities and that is all they own in the world,

then many people might think that this person lacks material objects and is a hobo without a home, fancy car, clothes, and a lot of food in their refrigerator, and so on. These people don't realize that what they think about lack or scarcity, has nothing to do with the amount of possessions or expensiveness of the objects that one owns. It is a mentality and way of living that has a deficiency or need for something. If we feel that we need money and we don't have enough and consider ourselves to be poor, that is a lack or scarcity mindset. But if we are a very light backpacker, living with the understanding and mindset of abundance, prosperity, and positivity, then that is precisely what we receive in return. It has to do with our thoughts and feelings that translate into physicality.

I was a very materialistic consumer collecting and storing so much old stuff from my past because I thought that at some point I might need them. But as I became more consciously aware and awakened, I felt as if something was holding me down from spiritually and ethically evolving. I remember slowly getting rid of most of my material possessions donating the items or throwing out others, making me feel more free and with less baggage. It felt very liberating to discard or donate material items to people who may have needed them. I kept onto the belief that at some moment, I may need the odd cable, business card, receipt, or school paper, and this is what kept me constrained, not able to spiritually evolve.

Once I downsized to two backpacks, which were all the items I owned at the time, I was able to not care about where I went or what happened to me.

Of course, the typical person sees a financially rich person

and thinks how great their lives are, and is most likely jealous of them. *"They don't have to struggle, and can eat the highest quality organic food, and get access to the best healthcare services."* But what they don't realize, is that still many of these rich people are not without their struggles in life, as many of them are still causing some harm to others with their food and other lifestyle choices.

Sharing the Message With Others

It is critical that now that we know how violent society, governments, and animal agriculture are, we put the understanding into tangible action living away from the oppressive system, in intentional communities. Then from our hearts of love and awareness, we are propelled to promote our way of living that is not only possible, but brings about true peace and harmony to everyone who lives on Earth, without any forms of government, hierarchical, and institutional systems in place, and, instead, following a set of core values,[6] similarly as we have in Peaceful Village Raw Vegan Healing Community.

We promote our way of living with people in an assertive and compassionate communicative way, not overly passive or aggressive as we are taught from childhood to be. We are not angry, shameful, or judgmental with people, but also not passive, quiet, and repressing our feelings, and not openly sharing them with others.

The Sun shines and gives all their love to everyone here. The fruit trees too, welcome anyone to eat the sweetness of

their fruits. There is no judgment, as to whom is allowed to experience and receive the Sun or fruits, with exceptions of those who possibly need darkness or consume other animals to thrive. But they too, probably indirectly receive the benefits of the Sun and trees, as they are both beneficial for the survival of all life on Earth, and without them, in all likelihood, no one would be able to live here.

The Sun gives light, and the fruits also provide that light as well. They are light, and not darkness, and why love is at the core of their essence. *Unconditional love* is the source of the basic fundamental elements of the Universe, and therefore, as aforementioned, Goddess Sophia the creator of life, is unconditional love. Love is always associated with the feminine Spirit, and as a result, unconditional love is what heals and eradicates all the violence on Earth.

So when we humans go to war, if it's physically between other humans, and nonhuman animals by using and stealing from them in any way, and eventually killing them prematurely, and destroying Nature, we receive more harm to ourselves than we cause to the victims themselves. What do we think that we'll achieve by instigating war and violence upon ourselves and other beings? Do we believe that these acts of violence will truly bring about peace and love in the world?

But What About the Animals Who Kill to Eat?

There are some nonhuman animals who kill and eat others or go to war with other species. We justify our actions of eating animal flesh (meat) and their secretions because some animals

like Lions or Tigers do it. But we don't mimic any of their other behaviors, especially eating the flesh, blood, tendons, muscles, and bones of the animal raw, without cooking it and adding spices, herbs, and condiments.

For their survival and in their evolution and level of consciousness, the carnivorous and omnivorous animals may need to eat other animals, but they too receive karmic debt that they will experience in the future. I really believe that in the distant past, all animals were kind to one another without violence and killing. But somewhere down the road, as we humans started to become more violent, they too followed in our footsteps.

Love is in the Air

In time, we all will be the shining light of love. Love is light and light is love. Love is not to judge others or see any separation between us and them. When we see ourselves as one and understand that *everyone*, *all beings*, are essentially us and we are them, we then realize that it is this love that unifies us together getting closer to the Spirit.

Then it becomes of great importance to share our love to others in multiple ways. We live with love in our daily lives for ourselves and others, and do our best to heal our past and current traumas and wounds in every way. We then share our love with other people, the passing animals who enjoy their time in Nature, the plants, fungi, minerals, and even the things we call "inanimate objects".

The more we view everyone, including ourselves, with

love, the more we create that world of love. The more we flow with the spiritual evolution of *The New Mother Earth*, the more we evolve in our individual and collective consciousness, creating more love, abundance, joy, happiness, and the desire to be of assistance to others with our time spent here.

Our mission and purpose here on Earth, at least in the immediate foreseeable future, is to be of service to others. This is truly what gives us great meaning and purpose in life, and what ultimately propels us to want to live and experience the beauty here. Many people, especially the younger generations, are becoming more depressed and a lot of them are even committing suicide. It is a tragic way to view our lives and the sacredness of who we are as individuals and as a species. Taking our lives does nothing to solve our karmic debts. We then have to return to Earth to relearn and experience more negative karma. Harm to oneself has a huge price tag and has one or more bad karmas attached to it. Killing and stealing are never good in themselves, and always lead to more violence.

That is why we know that at every moment of our day, we must be love, live it to the fullest with all our heart and soul, and then share that love with others. When we love, we don't hate, are not jealous, revengeful, angry, in fear, or anything else that takes us away from the Goddess Sophia. *The New Mother Earth* is unconditional love, and because we live in this beautiful warm, and bright haven which is our home, we are also called to resurrect and emanate this love within us, and to everyone outside of us.

In my life, I know the more love that is within me and the more love that I share with the beings in my surroundings,

without expecting anything in return, the more joy, abundance, love, miracles, gifts, assistance, and so forth, comes to me. *It is love that is the answer, the one thing that we need to embrace in our lives and give to every creature.* It then comes naturally to us, that once we are love and light in every aspect of our lives, we emanate that love and light to others, and that they do the same thing too, with everyone they meet along their journey. It is so because ultimately that is where all life originates from, love and light, and why it is impossible for us to optimally thrive and continue here in existence without this love.

To live is to love, and to love is to live. That is fundamentally the purpose of existence. Some people may find this way of being boring, but ultimately it is what gives meaning and purpose and so much reason for being in the world.

Conclusion

Creating a New World

We now understand, that within society and around the world, there is so much violent competition and suffering amongst humans. What is the point of fighting each other in wars, when we want a world of peace? Violence cannot, and will never, bring about peace and love, only love can do this. It seems like no matter what we do, there will never be peace among us, and probably never will be if we continue thinking and acting in ways that are violent and creating separation among us. It also seems that we have lived in a society with a hierarchical government for so long, without there being any real positive and permanent changes. Living in a society ruled by governments has never created a world of peace and harmony, and we know this because we're not living in paradise.

Remember, that governments and society are slavery! This is because, as a species, we are using, enslaving, and stealing from nonhuman animals, and as a result, governments do similar things to us. Because nonhuman animals are not free and are controlled by us humans, we too experience that as well within society, where we have our freedoms restricted by a small group of people ruling above us, telling us what to do and what not to do, and where we can move around. This all ultimately happens because humanity supports and demands

that this system continues to exist and operate.

It can't be any other way! As long as nonhuman animals are used for food and other purposes, and seen as objects for our benefit, we will be used against our will too. The system of animal agriculture is extremely violent, and we see the dominating cultural structure that we're living in, is horrifically violent to us humans and Nature as well. Society and governmental laws that the majority of us believe are necessary, go against our sovereignty and birthrights. So if we are to live in a world without violence, animal agriculture and society must entirely cease from existing. This means that we don't fight against the system of oppression, but just walk away from it all, to a life of love and sharing, living as vegan anarchists in intentional communities. This is the only way to true peace and heaven on Earth.

Heaven on Earth can only manifest when we become true peacemakers and live the life that we want to see in the world. A life without violence of any sort means that we must live nonviolently in every aspect of our lives and to every being.

We have made too many stupid excuses for a very long time, and thus, continue in the same mess as we always have. Violence is not funny, justifiable, nor can it lead to peace. Using and consuming nonhuman animals for anything like eggs, honey, cheese, milk, animal flesh, clothing, entertainment, testing and experimentations, pets, hunting and fishing, even if labeled organic, free-range, free-roaming, cage-free, antibiotic-free, halal, kosher, welfare approved, humanely slaughtered, lab-grown meat, etc., and supporting governments through paying taxes, voting, having municipal

water, electricity, and paying for rent or mortgage, relying on others on providing our food, like in supermarkets, and continuing to be religious and following the culture that doesn't allow us to question any of the teachings, and so on, is violence, and will never lead to paradise on Earth. We need to completely remove ourselves from all of this and live out in warm tropical Nature becoming self-sufficient. Society and the herding culture, we humans are a part of, has, is, and always will be, a system of violence, not love. There is no way to improve the laws within society or in animal agriculture to change that. Society cannot continue in The Garden of Eden, nor can religions exist in this sort of utopic place, because they're all part of the problem. We don't need to fight them or make them obsolete, they will naturally vanish when progressively more people stop supporting them, and this starts with our non-participation.

Even when people become aware that there are problems within society and they know it is not a perfect system, they are scared to become anarchists exercising their birthrights, because of the fear that maybe at some point they might get caught and punished in some way by authorities. There is a price that we may sometimes have to pay to reclaim our freedom, but fear has got to go. There is no room for fear when we become more spiritual getting closer to the Spirit. The Spirit is pure unconditional love, and fear is the opposite of that, therefore, we trust in the higher power of the universal energy to guide and protect us. And in this, there is no room for fear or violence of any kind.

Slaughterhouses and animal farms would not exist in

paradise, because a paradisical way of being is pure love, and animal agriculture is extremely evil and satanic, the opposite of that.

Once we connect to the unconditional love from our hearts, for ourselves, and give that to every other lifeform, here on Earth and possibly everywhere else, we will start to see that we become more safe and protected. We cannot do more good in life and expect that more good will not return to us. That is not how the natural laws work. When we harm in any way, we receive more harm to us, but as we do more good in the world, the more good returns to us. But that does not mean that we will be free of all conflicts and challenges, it just means that we are more protected, loved, and have more abundance in our lives.

Patience and forgiveness are also very important to embrace in this crucial time. If we have been harmed in some way in the past, it was most likely because, at some moment in the past, we harmed someone also, in this life or a previous one, even if we don't remember. And because of that, bad karma has bitten us back. When we start to holistically heal and embrace nonviolence in all areas of our lives, we also need to forgive the people who harmed us and come to the realization that they are just wounded like we were from growing up in society and to unconditionally love and help them to energetically and spiritually heal from their hurts, even from afar.

This is the time when we need to trust the Universe and be patient, as the transition out of society to a nonviolent life fully self-sustainable, can take a long time often with many

challenges and conflicts arising. During this time, many people burn out and so we need to stay strong in this time of urgency and importance. This exhaustion and diminished motivation is due to not keeping faith in the universal energy, patience, and positivity, that sometimes can take years or even a decade or longer to accomplish depending on how many people join in and help us to create this world we really want to live in. This is just like someone who ate cookery for much of their lives; it is usually not an overnight switch, but a gradual process to becoming raw.

Nature is beautiful and majestic. She is sacred, wise, forgiving, and loving. We have strayed away for too long from her wisdom, and now we need to reconnect to the love for *The New Mother Earth*, who is ever evolving, expanding, and rising in consciousness, and Mother Nature, who ultimately is the same, called Gaia, who are doing their best to cope in these times of extremes. Though we may seem all separate from one another, we are energetically and spiritually the same. We are Sophia and Gaia and the soul on our unique journey in life. The journey does not end when we finish reading this book or when we die in this lifetime and reincarnate to the next life, it goes on for eternity. Even though when we transition and reincarnate to our next life, our memories may be erased, our souls always hold onto the memories forever and are recorded in the Akashic Records. All of us are truly old souls that have lived probably for countless eons of time. We are eternal since our souls and Spirit never die, but transmute.

Plants and fungi are deeply spiritual and conscious beings. They intuit and sense the energy in other beings around them,

and know, for example, if a human has good or bad intentions towards them, and has many of the same feelings as human beings. They know just by a human thought, the intention of the human. They are so intelligent, and we discredit their sacredness, beauty, and intelligence. Intelligence is the ability to make vital connections, and they can make these connections, as they are physically connected to the mycelium, the internet underworld that is attached to every lifeform, and also because they are not a part of society heavily programmed and enslaved like us. Like *The New Mother Earth* who is spiritually and holistically evolving to the new times here, the plants and fungi too are flowing and evolving, while some die prematurely or struggle in life. At this point, it seems that humans are not as nearly as intuitive and intelligent as other lifeforms are, as we've lost our abilities because of the programming and wounds of society and culture.

The Earth is beautiful in her own way, giving us everything that we need. There is so much beauty in Nature with the greenery and animals around. No one is ugly. No one is useless. Everyone has meaning and purpose. Every fruiting plant is here for anyone who wants to enjoy their fruits. They don't say who can or cannot eat from their bounty. They provide abundance for everyone.

There is so much to learn and experience in the world, and so much societal and cultural indoctrinations that we need to acknowledge and not follow and support any longer. It is all this knowledge, power, and realizations that propels us to continue on our journey of spiritual and holistic healing. No longer do we support any authorities and medical

practitioners, but trust in the miracles and healing wonders of our sacred body temples when we live holistically with Nature and each other.

We are infinite, invincible, powerful, and sacred beings in every way. We can overcome any challenge or conflict, and resurrect to the wise and loving human being who we are meant to be which is *Homo Ahimsa*. As we know from Judy Carman who created the term and wrote a book about it,[17] even though if we literally translate Homo Ahimsa, it means *nonviolent human*, I feel that it is more than that, a deeper truth of who we are, the Spirit who is contained within us, and the soul of each of us.

It is similar to when Donald Watson created the term *vegan* in November 1944,[18] there was no definition because truly this word cannot be defined, as it includes so many aspects besides just the definition itself, an entire book could probably be written about it. But what he ultimately tried conveying when creating this word, is the deeper spiritual and ethical connection that as humans we have to all lifeforms, being kind and compassionate towards all animals, but also we see plants, fungi, and minerals, with the same love and compassion.

Holistic healing means to move away from society and culture and all the ideologies and programming of our past, to a life in pristine Nature in the warm tropical climates of the world relearning how to live in harmony with all life and becoming self-reliant. We need to learn how to heal ourselves physically, mentally, emotionally, spiritually, and in all other ways, to harness the life that fundamentally all of us are

meant to live. In holistic healing, we do what we can to improve every aspect of our lives, living in warm pristine areas of the tropics without cell and electricity towers around, limiting our radiation exposure from devices like televisions, cell phones, tablets, computers, wifi connections, etc., consuming fresh raw plant foods, having positive and loving thoughts, and relearning a new way to nonviolently communicate, and doing meditations, gratitudes, and prayers.

When we start to live and heal holistically and be super caring and loving humans, treating all beings with love and respect, maybe at some point they may also feel love for us too, instead of many of them fearing and fleeing from us. We let them just be, freely roaming in Nature in their natural habitat not feeding and domesticating any of them, as they would lose their natural ability to feed and live for themselves. Viewing any creature and whatever they produce or comes from them, like their secretions, is violence in itself. Let's leave them alone, and marvel at their uniqueness and beauty, instead of seeing them as pieces of meat or products to use however we wish.

And now, we are also called to care for what we know as "inanimate objects" and to treat them kindly, ultimately, because we know that they contain the essence, the energy of our Mother Sophia and our Mother Gaia, and we too contain the feminine Spirits as well, that if we don't care for them and make them last for a very long time, trying to do whatever to revive their energy, and we just see them as garbage, once they don't work, the feminine energy within us will also be harmed in some way. And, so, we are the materialistic throwaway consumer that continuously consumes resources

that exploit the Earth, when our material objects start to malfunction and are a little outdated and no longer look new and elegant. This is a very materialistic outlook and way of living life, taking us further from the Spirit. Instead, we should think and act differently than we have in the past and do whatever we can to reuse, fix, and upcycle any product that we may have that no longer is operational.

Of course, we cannot equate living feeling beings like animals or plants, to that of objects that are created by humans from the elements of the Earth. They are not the same in that respect, but we still must act responsibly treating everything with kindness, and do what is right when we accidentally harm them in some way.

I remember my human Mother always petting and thanking her car for all the service and love that the car gave her, and she noticed that her car lasted much longer than it did if it wasn't for her gratitude words and care for the car. And even though we may call these inanimate objectives "its", ultimately they don't have a particular gender, however, all lifeforms contain masculine and feminine energies within them.

When we go through life with unconditional love for everyone who exists within and without us and do as much good in the world and be of service to others, we then feel such a euphoric experience from within our hearts that brings us immense joy, pleasures in life, meaning, and purpose.

In the end, people ask me, *"But why bother to do anything, if ultimately the Spirit has no purpose and as human beings we're here just to experience and be?"* When we start living

holistically, spiritually, and ethically interrelated to all the points on the web of life, we begin to understand what drives us in life and our purpose as individuals and collectively as a human species, which is to unconditionally love and the desire to do good. As we now know from the ideas presented within this book, *The New Mother Earth*, fundamentally, when we stray further away from the Spirit and our soul's journey, we become more disconnected from the essence of who we are, feeling more lost, depressed, lonely, sad, and overall more discontent with the desire to live life. No longer does life have any meaning to us, often with people wanting to end their lives, and some even doing so.

When we make all these vital connections, we realize that there is no point to life but just to "be", and simultaneously, there is a point or purpose in our lives, especially in these crucial times on Earth. When we are aware that the grain of sand is nothing if it is just there by itself, however, when we see the entire sandy beach, then each one of those grits becomes vitally significant, otherwise, there wouldn't be any sand on the beach. Also, because the universal energy of unconditional love is in everything that or who exists, the one grit of sand actually becomes ever more important, as it is a part of the miracle workings of the Spirit.

We can realize, that even though we may feel that the human individual is not so important in the grand scheme of things, concurrently, we are fundamentally unique, sacred, valuable, and worthy, with our own meaning and purpose, otherwise, we wouldn't have been born into this world and our species wouldn't have the need or reason to exist here.

Humans are not the virus, the parasite on the Earth, and the ones who need to go extinct, rather, it is the programming of society and culture that gave us the virus in the first place. We don't necessarily need to rid ourselves of the virus, but acknowledge it and incorporate more love instead, walking away from the virus. The virus, however, which is society itself, can be of great help during the time of transition, as we may need to use certain services to operate and do the necessary work transitioning and sharing this message with other people. Over time, we'll start to see that the more of us who awaken and live nonviolently away from the system, it will begin to crumble and cease to exist.

The choice is ours and of our own making. We can continue living in a violent system, which we humans support, that doesn't bring about peace and harmony to all of creation, or we can evolve for the better, into the incredible, intelligent, magnificent, and powerful spiritual beings who we are, *Homo Ahimsa*. With the power of our free will and the guidance of the Universe, the Spirit Sophia, and *The New Mother Earth* Gaia, only can we decide this for ourselves. Do we continue on the destructive path, one that fundamentally we know in our hearts is not right and leads to more violence around the world, or do we choose the path of love instead, implementing all the principles that we've learned throughout this book? Continue on, your decision awaits.

Afterword

The Shifting is Here. Let's Rise Together.
By Aurora Ananda

If in the flowing of life, this book *The New Mother Earth* found the unique way to arrive in your hands and Michael's words penetrated into your consciousness and heart, as the necessary sword that is able to cut off the old patterns of ignorance, fear, violence, disconnection, submission, and addictions, welcoming positive transformation for harmony, freedom, sovereignty, and evolution, then, the time and energy invested here in this message, has fulfilled its purpose.

"As above, so below. As within, so without"; understanding that everyone in existence is interconnected, sharing the same universal needings, and the same aspirations for a brighter present and future. All creatures, not only humans, but animals and plants and also on a macrocosmic level, the Planet we live on, Mother Gaia, are all on a journey of constant changing, learning, experiencing, evolving, falling, and arising in cycles of light and darkness. We are all here and now, as participants witnessing one of the most amazing times for an entire Planet, along with her beings, the raising of our individual and collective level of vibration, which translates—to the creation of more subtle and harmonious physical realities on Earth.

For a long time, our beloved Earth Gaia, as a

multidimensional being, has allowed all types of experiences here, from the most horrific ones to the most beautiful ones. She, as a Mother with patience and faith in her playful children, allows them to have fun with all kinds of games. Life here was intended to be wonderful, adventurous, vibrant, and joyful but as it's well explained throughout this book, the wonderful life became a topsy-turvy world, with most of her creatures hijacked in their minds, making room mostly for very dense experiences where suffering, illness, pain, competition, exploitation, violence, murder, etc., have been building a path of self-destruction. Our Mother, the natural Matrix where all of us come from, is now working on her spiritual development, shifting to higher frequencies, adjusting and transforming, and it's urgently calling all of us to ascend and transcend together; the first step which is to naturally heal and reprogram the malware from our operative system.

Healing can only be possible when we recognize, understand, and transform the imbalances. That's why in the first part of the content of this book, Michael, in his raw way of saying things, invites us all to see face to face our wounds—our mess as a big trespassing of Natural orders, but not intending to bring the culprits to shame, it is only with the purpose to be aware and change the direction of the way we used to think and act. At this stage, humans have gone so far in breaking natural orders, that the insanity is seen as normal, accepted by the majority in a completely sleeping and submissive way.

The first understanding is clear: *the Universal golden rule,*

"Do to others, as you would have them do to you", which is the law of Do No Harm, what is called "Ahimsa" or what Jesus summarized in one phrase, *"Love your neighbor as you love yourself"*. We can only advance once we recognize the sacredness, uniqueness, and sovereignty within every being without exceptions. In practical ways, this means that as humans, we consciously must cherish ourselves and the entire web of life, nourishing our bodies exclusively from the generous plant kingdom, especially from the fruit trees, which give us delicious colorful, ripe, and fresh fruits, the healthy candies of Nature. While at the same time, all the nonhuman animals are roaming out there in their natural environment, with total freedom. There's no anesthesia here, in a more spiritually evolved Planet, with more subtle frequencies. There's no such corresponding situation where some beings are enslaved and tortured to death to satisfy the obscure and macabre desires for animal flesh and secretions. Higher evolved humans, operating from subtle minds and bodies will match only with the most subtle food, which in this case on Earth, are Fruits! Enjoy the incredible goodies that Nature makes for us: Durians, Pineapples, Mangoes, Cherimoyas, Sapotes, Rambutans, Watermelons, Mangosteens, Bananas, Jackfruits, Pasos, Tangerines, Soursops, Moretes, Ice Cream Beans, Grapes, and the list goes on with thousands of other delicious fruits.

As a second state, we humans are children of light, needing the God Sun to thrive, therefore, switching to tropical environments, and leaving behind cold industrialized places furnished with heavy artificial surroundings is a must in order

to make peace with Nature. We are all living on a caring Planet that sustains life and offers freely all we need to blossom here, what makes working in traditional jobs in society, detrimental to our well-being and making us live in disconnection and opposition to natural laws, wasting our precious life away. The intelligence of the Universal forces didn't create and send us here to get a job and pay for rent or mortgages, licenses, taxes, and other debts. As Gods and Goddesses with a physical body, we are entitled to manifesting everything we need and wish, as long as no one, not ourselves or any other being, is harmed in the process. Life is about enjoying, learning, loving and being loved, and being of service to others. The way to live here on Earth, is the ancestral and natural way, where humans lived and gathered together through intentional communities. These type of small eco-villages allows everyone to be more integrated, sharing gifts and talents, and being accompanied through all stages of life, where the food is freely produced veganically in their own gardens and forests, and their members truly exercise their voice and vote. Start looking for your community family in the tropics to join or create one yourself! If you are already living the community life, then continue the path, evolving and growing together. We, at Peaceful Village in the tropical rainforest of the Amazonian jungle, are also receiving community members, guests, and volunteers.

Perhaps, some of you reading this message feel inspired to help our Earth Gaia in her ascension as a Planet, where all her creatures live healthfully and harmoniously, but maybe others, are still so accustomed to suffering and struggles that, can feel

incredulous about living in a Paradise on Earth. But Michael's words are just straight, reminding us that we are the Creator and the Creation, we are the Artist and the Art, and the Authors of the Book of Life. So there's no excuse, self-sabotaging and feeling weak. We are the Power. It's our own decision and our own making. We have the magic wand.

Ultimately, I can say that only Love can save us. That Love with a capital L doesn't judge, push down, set apart, create divisions, or discriminate. That Love also includes everyone who has killed, raped, stolen, tortured, and imprisoned others. That Love includes priests, doctors, politicians, the military, clowns, street vendors, slaughterhouse workers, butchers, lawyers, etc. That Love includes Cows, Hens, Horses, Snakes, Cockroaches, Spiders, Rats, Lions, and Jaguars. That Love that sees beyond faces, races, social and financial statuses, species, cultures, and preferences, because all those misidentifications disappear when there's Love. We only see the spark of Light.

When there is Love, fear disappears. Therefore, all institutions and heavy structures that oppress, restrict, enslave, and coerce us, will vanish too, as they are in existence thanks to our current collective fear. There's nothing to fear, as we are eternal, indestructible beings of light. Our souls decided to be here alive on Earth for this important moment to liberate us. We were born in just the right time for this collective ascension in this golden era, where life will operate from its maximum potential and the smiles and joys will feed our hearts every day here.

From the bottom of my heart, I can say that Michael has taught me further about unconditional Love, living together all

these years and sharing without selfishness everything, and a lot about authentic companionship, surrendering, trusting, compassion, patience, playing as innocent children, and relaxing. His message is quite Divine, full of pure intentions for you, the animals, the plants, the Earth, and all the human brothers and sisters in existence. He is telling us that we are sovereign human beings with the need to exercise that birthright out of Love and without fear. He is holding your hand, letting you know that we are walking together to a different dimension and time on Earth, where it will be glorious if nobody is left behind. We are here to make this dream come true and blissfully celebrate it.

Love and Light,
Aurora Ananda

Aurora Ananda is Michael's soul path partner and co-founder of Peaceful Village Raw Vegan Healing Community. Aurora is not into societal academic and professional titles anymore, thus, she doesn't identify or attach herself to any activity or occupation for social and economic rank or recognition. In a free and flowing way, She enjoys helping and assisting others to holistically heal, nurturing people with vegan and raw vegan meals, giving ayurvedic massages and therapies for balance, relief, and relaxation, sharing the yoga path, and advocating for animal rights. Recently she has been enthusiastic about learning about metaphysical arts for healing and wisdom.

Thank you kindly for reading *The New Mother Earth*. I'd love to hear from you, your feedback, and a review of what you thought about this book and your journey in this new time on Earth.[11] You can write your review here.[19]

Michael Lanfield

About the Author

Michael Lanfield is the author of several books, including *Return to the Gentle Sea: For the Love That Lives in Everyone*, *Creating a Beautiful World*, and *Awakening the Good in Humanity: Ending Violence Forever*. He is also the founder and creator of Peaceful Village Raw Vegan Healing Community and a holistic coach. He is on a mission to share the truths and ideas about *The New Mother Earth* with humanity and explain why we need to embrace this way of living. Visit his website.

https://peacefulvillage.org

Other Books by the Author

Awakening the Good in Humanity: Ending Violence Forever (2021)

Creating a Beautiful World (2020)

Return to the Gentle Sea: For the Love That Lives in Everyone (2019)

Our Path to Freedom: How We Can Live a Freer and More Peaceful Life (2018)

The Lost Love (2016)

The Interconnectedness of Life (2015)

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https://peacefulvillage.org/community-membership

11. Contact Peaceful Village
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